

MOUTH OF THE RIVER

OYSTER RIVER HIGH SCHOOL DURHAM, N.C. 27824 ISSUE FIVE JUNE 4, 2013



NEWS

Retirement.....2
Prom Fashion Show.....3
Doodle for Google.....4
TEDx.....6
Sexting.....7

FEATURES

MOH' Memories.....8
The Cafe Staff.....9
Senior Wills.....12
Summer Bucket List....18
Behind the Lens.....20

OP-ED

Gap Years.....21
Class Difficulty.....22
Power of One.....23
Meatless Challenge.....24
Blacklist Bowls.....25

SPORTS

The Seventy Percent.....28
Martial Arts Club.....29
MSST.....30
Horsing Around.....31
ORHS's Top Teams.....32

IF SOMEONE SAID THREE YEARS FROM NOW YOU'D BE LONG GONE...



Adelia Couser
Editor in Chief

In the fall of 2013, the halls of ORHS will be lacking two teachers currently with us: Debbie Sheldon and Stephen Lord. Sheldon and Lord have both chosen to retire this year and will be pursuing other activities, but their memory will remain with students and administrators of the high school.

"They have both worked in the district for a long time and served the district well," says Principal Todd Allen. "I've only known them for about one and a half years, but from the experience I've had they're both really kind and generous. Mrs. Sheldon's been the backbone of the business department, and Mr. Lord has been a big part of the special ed program; he's a great guy, he's really supportive."

Allen explains that the school board played a part in aiding the two teachers in their retirement. "With the recent decision to reduce staff in the district, the school board offered a financial incentive for teachers to retire this year," he says. "Depending on how long you've worked in the district, you get a percentage of last year's salary when you retire; it's a minimum of 10% and can go up to 30% if you've worked 25 years or more."

As for filling the job positions, Allen states that they will only be hiring one new teacher. "We've had lower enrollment in [Sheldon's] classes recently, so we'll have Mrs. Carr take on some of her classes, including Intro to Adobe, and we won't be able to offer some of the classes with very low enrollment, such as accounting." He says that Lord's position will most likely be advertised and decided by students and case workers, since "his position is a very specialized special ed job."

"I think it's exciting for them," Allen adds, "and I wish them both luck. I hope they don't make themselves strangers around here; they can come visit us anytime."

"I wish them both luck. I hope they don't make themselves strangers around here; they can come visit us anytime."

-Principal Allen

MR. LORD

Stephen Lord has an extensive teaching career, from working in Maine state agencies and public schools to being an administrator of the New-market school system for seven years. He has worked at ORHS since September of 1994 and just completed his 19th year here. "It's been a lot of hard work," says Lord of his job in the Special Education department, "but it's been rewarding. I've met a lot of nice people along the way, and I think it's good to have a long career and have it come to a good end."

Lord states that his time at Oyster River has been incredibly gratifying. "I've taught students who were very doubtful they would graduate from ORHS, but now not only have they graduated, they've gotten married and have careers," he says. "I'm glad that I could help them along the way." Lord explains that the oldest student he'd

had is now 53 and they still keep in touch. "Students do come back to see you, and it's good to know they're doing well and things worked out for them."

While he feels he's made a positive impact on many students at ORHS, both involved with the special education department and not, Lord believes that his time here has come to an end. "There comes a point where you feel like you've done what you can," he says. "I have a lot of really positive relationships with students and parents...but I don't want to be in a position where I'm no longer effective [as a teacher]; I don't want to come to a point where a start another year and I'm not able to finish." Lord explains that the physical demands of the job are beginning to take a toll on him, "particularly as I'm getting older," which is another reason why he believes this year is a good time to leave.

"It's very nice to say that I don't have any specific plans for next year," Lord continues. "I'm just going to wait and see what presents itself. It's very interesting moving into the next phase of my life; it's like starting your life over again." He explains that he's never held a job that wasn't involved with special education since he was 16, and jokes about going back to work at his first place of employment, Camp Waban in Sanford, Maine: "Maybe they'll hire me back and I'll go full circle."



MRS. SHELDON

Debbie Sheldon has been at ORHS for 28 years and has taught a wide variety of classes in that time, including Intro to Adobe, Communication Skills, Web Page Design,

Intro to Computers, and Accounting. She also spent one and a half years at the Cedar Program, a program that helps women re-enter the work force, and taught business and computer classes at Spaulding High School for 11 years. (She likes it better at ORHS.)

"I've always enjoyed the students at Oyster River," says Sheldon. "I enjoy their honesty; they're not afraid to express themselves, even if it's not the 'normal' thing. I like that they're comfortable with who they are."

She says that the student body will be one of the main things she will miss next year, in addition to teaching. "My husband and I have been talking about me retiring for a few years now, but I've been hesitant...I love my job." Sheldon also explains that health

insurance was a major factor in her decision to retire this year, saying that it's expensive but the school board-provided financial retirement package will cover her family's health insurance for about a year.

While Sheldon has no immediate plans for the coming fall, she says that she and her husband plan to travel more often in the next few years. "I've done a lot of different things in a lot of different places and I hope to go there again," she says. She has visited many locations in her life, including Arizona, Florida, St. Thomas, and various cruise locations. "I love New Hampshire, but the winter here is always so cold," she says. "It's nice to go somewhere warm for that time."

Sheldon says that she's kept the fact that she's retiring to herself for most of the year because, in her words, "I don't think I'd be able to tell my classes without crying."

One of Sheldon's students, Jialin Shi, will miss her too. Shi took Web Page Design with Sheldon as a freshman and is currently a student in her Accounting class. "Mrs. Sheldon is one of the most patient and nice teachers I've ever met," says Shi, adding that, "When I was a freshman in Web Page Design, I didn't know how to do anything, but she helped me through it." Shi states that Sheldon clearly has a lot of experience in her field and plays a huge part in the computer department: "I don't know what we'll do with her gone."



The following pages have fun facts about the MOR staff, but only half of them are true...see how well you know the writers!



Cam Messer
Guest News

New York City. This year's annual Relay for Life Fashion Show had it all: laughs, tears, stories, prizes and of course fashion. As a cancer research benefactor, the fashion show raised \$1647.75. Twelve modeling couples ranging from freshmen to high school staff performed, featuring attire from local stores, Le Club Boutique of Portsmouth and Men's Wearhouse. Kathy Pearce has been one of the event organizers for the past two years. "I thought it went great," Pearce comments.

This year the show was put on in the auditorium instead of the cafeteria to help save on costs. "We saved \$800.00 in equipment cost by doing it in the auditorium," Pearce says.

One of the highlights of the night was guest speaker Jake Baver's speech. Former student and cancer survivor, Baver shared his story of his battle for life. Baver was diagnosed with a rare type of cancer called Langerhans Cell Histiocytosis. He recognized the date of the fashion show as the one year anniversary of his surgery associated with cancer. Doctors took out a brain tumor that had eaten away at Baver's skull and replaced it with a metal plate. "I am part robot now," Baver jokingly said.

The surgery which took place one year ago did not mark the end of the uphill battle Baver has hiked. The cancer has spread from Baver's tumor in his head to his pituitary gland. He was then notified that he would have to go through chemotherapy. "It was a hard conversation to have hearing you have to do [chemo-

RELAY ON THE RUNWAY

therapy], it was a tough couple of months. I couldn't do the things I loved to do," shares Baver. But after a long six sessions of medication, his doctors told him that he was cancer free.

Baver commends cancer research like Relay for Life and gave a sincere thank you to all who contribute. "There were times when I was very uncertain of things and wasn't so positive. It was during those times when I realized how lucky I was to live in a world where these conditions can be cured and you can be okay after something has happened to you."

Unfortunately it has become hard to not know someone who has been affected by cancer. Faculty member and Relay for Life model Maria Rosi had a more personal affiliation with the show. Rosi lost her mom to cancer about a year ago. "I was so happy to be a part of it [Relay for Life]" Rosi comments. Rosi is not a new face to the fashion show though; she first modeled eight years ago and another time after that. Rosi praises, "I am always impressed with the students and how well they do with the show."

High school junior Natalie Sailor walked the catwalk for the first time. She is not a stranger to the stage; Sailor is an active participant in the school's play productions every year. She admits it was somewhat nerve racking to be up in front of a crowd in any sense. "The prep was exhausting and chaotic, but it was a good chaos," Sailor says.

Sailor's mother was diagnosed with breast cancer when Sailor was in second grade but fortunately she is alive and healthy today.

Ryan Kerrigan, also a junior, says he would definitely participate in the fashion show again. "It was awesome, there was a lot of energy," Kerrigan says. Kerrigan's mother is also a cancer survivor. Diagnosed with breast cancer four years ago, she has since started an annual fundraiser



Jake Baver speaking about his experience with cancer.



Ryan Kerrigan struts his stuff.

event of her own for those who are affected by cancer which raised \$11,000 for the Beyond the Rainbow charity last year.

Baver closed the night with his lasting reflection of his experience "It is always good to try to take something out of an experience whether it is good or bad. And for me the underlying thing I took was regardless of what life throws at you whether it is good or bad, you have to try to find the good or positive in the situation. And when you can't find the positive is when I feel like you have kind of given up." It is clear Baver has not given up, and continues to serve as an inspiration for cancer research.



All of the models saying farewell to the crowd.



Morgan Fay finishes her twirl for the crowd.



Adelia Couser has seen over 30 bands live in concert.



Aaron Slepian
Features Editor

30,000 REASONS TO DOODLE

"I had no idea that there was going to be such a large assembly!" Says freshman Neville Caulfield. Hundreds of Oyster River High School students and faculty members flooded into the auditorium on the first of May. The stage was decorated with balloons and a large panel draped with cloth. Two Google representatives stood at a podium in front of a large projection of Google information. The two representatives continued to present to the majority of the school about the wonders of Google. Most students were aware that the reason for the assembly was the success of one student in a Google sponsored competition. Students began to get rowdy as the Google reps continued to discuss

the fantastic capabilities of Google, as they attended expecting their class mate to get addressed.

After a 30 minute informational presentation about Google, the representatives focused in on what everyone was waiting for. The final slide of the PowerPoint was a celebratory image with a familiar name printed across the top of the page "Neville Caulfield". Caulfield, a freshman at Oyster River High School, had entered a competition to design a "Google Doodle", depicting his "favorite day." Caulfield entered the competition with the help of eighth grade English teacher, Linda Rief.

Caulfield's favorite day is sailing in Maine, "It was not difficult at all to come up with my idea" says Caulfield, "your idea of a great day should come naturally, if you're having to think too hard your probably not thinking about the right thing!" His doodle illustrates a boy sailing, a compass, a life preserver, the sun, a light house and a boulder. All the aspects come together to cleverly spell the word "Google."

"My family was pretty pumped. My mom made a banner on the house when he came home that day," states Caulfield's brother, Thomas Caulfield. 130,000 students, ranging from kindergarten to senior year submitted doodles and a winner was selected from each state. "Becoming a finalist is always a thought in the back of my mind when I enter, but with 130,000 entries it seemed like a far away goal," Caulfield states. Caulfield attended a conference in New York with the other 49 finalists and hoped to gain enough online votes on his doodle to win the nationwide competition. If Caulfield won the national competition he would have received a \$30,000 college scholarship to the college of his choice and Oyster River would have received a \$50,000 technology grant from Google. Caulfield flew to New York City in late May to attend the a conference with the other finalists. Caulfield did not win but states, "I know that it was a once in a lifetime thing and although I didn't win, it felt like i did! I got to go to NYC, Google headquarters, and got my art in an exhibit in the American museum of natural history! Thats good enough!"



Caulfield with his parents, in front of an enlarged copy of his "Doodle."

ASSASSIN ASSASSINATED



Corey Scarano
News Editor

A student lurks in the bushes on a schoolmate's property, a water gun loaded in each hand. Waiting for the moment the car pulls into the driveway and the victim steps out, the student jumps from the bushes and soaks the victim with cold water before he can even run or hide. This is a scenario of Assassin, a game high schools and colleges play from New England to California.

Teams are created and given "targets" which they have to eliminate with water guns to stay in the game. This game has drawn a bit of flak in recent years. Although it is done in an innocent manner, students have taken it too far on occasion. Principal Todd Allen says, "The NH state police have issued a warning about this game specifically due to an incident in Exeter a few years ago that almost ended in tragedy."

"The NH state police have issued a warning about this game specifically due to an incident in Exeter a few years ago that almost ended in tragedy." - Mr. Allen

what they believed was a gun sneaking around the back door of a local restaurant. The police were called and due to the description of the person they responded with guns drawn ready to stop a hold up." Allen goes on to say, "In other schools around the state there have been repeated incidents of unsafe driving by participants engaging in 'drive by shootings.'"

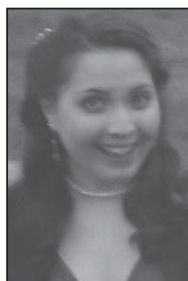
At ORHS, senior Austin Arsenault decided to organize Assassin to raise money for his Relay for Life team. A facebook page was created and right away he made it clear that the game was not allowed on school grounds or at any school funded event. Students paid 10 dollars per team to enter; the winners would take half the proceeds while the remaining half would be donated to Relay for Life. The page was thriving overnight; Arsenault says, "I hoped I would get 40 teams tops. I didn't really think I would even get that. At the end I had around 130 teams, so I had over 3 times what I hoped I could ever have."

The game officially started and ended within 48 hours due to incidents on school grounds. Arsenault explains, "Someone brought a water gun to school and then messed around with [it] and got caught. Other people wrote on someone's car. I think this is really what caused the downfall of assassin. This gave the school and police reason to worry about the game because there were already bad choices being made."

Hayley Poff, a junior at ORHS says, "I understand the initial concern with 'guns' being used, but what I find to be ridiculous is the fact that Austin spent a great deal of time making sure the activity was responsible and fully un-school related."

After these actions on school grounds, the police got involved and ended up monitoring Arsenault's facebook page. Arsenault was forced to end the game, after he had already collected over 1,000 dollars from students. He says, "I do have to give some people their money back from the game, which I don't mind at all. Other people have asked me to donate their money to Relay for Life, which I am beyond excited about. I'm glad to know how many people were not only doing it for the fun, but for Relay for Life."

SHERA-TON OF FUN



Adelia Couser
Editor in Chief

Sparkling dresses. Fancy tuxedos. Dancing for hours while catchy music plays in the background. Such things are often pictured when students think of prom, and this year ORHS planned what may have been the most spectacular one yet.

The 2013 prom was held at the Sheraton Portsmouth Harborside Hotel and was themed "high society," a theme which was chosen in part from the venue's interior of ivory and bold colors. Prom committee member Claire Hawkes explains that the prom committee had to choose between five potential locations this year, including the Regatta Banquet and Conference Center in Eliot, ME and The Frank Jones Center in Portsmouth. They chose the Sheraton because "It was a good location; it's nearby and people can go out to dinner or take pictures in Prescott Park beforehand. The Sheraton also has a really pretty staircase," adds Hawkes. "[The prom committee] got the 'prom vibe' when we visited the place and we really wanted prom to be there."

THE PREPARATION

In addition to choosing the location for prom, the committee was responsible for ordering food, finding a DJ, and getting as much student input as possible to make the prom a success. "We realized that many people go out to dinner before the prom instead of eating while at prom, so we have cut back on how much food we are serving," says committee member Maggie McNamara. Since the prom committee was required to spend at least \$6,000



ORHS students dance at the 2013 spring prom, held at the Sheraton Portsmouth Harborside Hotel. Photo credit: Adrian Schidlovsky.

"[The prom committee] got the 'prom vibe' when we visited the place and we really wanted prom to be there."

-Claire Hawkes

on food in order to rent the Sheraton, they chose mostly finger foods such as chocolate-dipped fruit, Swedish meatballs, coconut chicken, and for the first time in ORHS prom history, a candy bar. Rob Ricelli returned as the DJ due to his success at last year's prom, and committee member Amanda Souvannaseng was in charge of gathering song requests from the student body.

The prom committee, comprised of six to eight core members, worked hard to improve this prom from 2012. "Last year the seniors decided to boycott prom for some reason," says Claire Hawkes, "but this year I heard from a bunch of people that they were going and I saw people buying dresses. It was exciting to see people being excited for it." McNamara explains that, "Many people on prom committee have already attended past proms, so they helped us stay clear of prom 'taboos' and steered us in a positive direction to make this a super fun, exciting event."

THE PROM

Students began arriving right at 8:00, sporting tuxedos and dresses from local stores. After being greeted by the friendly Sheraton staff, they were checked in by Mrs. Wotton and given their prom court ballots. Juniors voted for their Prom Prince and Princess, and seniors voted for their Prom King and Queen. They were then free to roam about the lobby, the "banquet hallway" (where food was arranged on buffet tables and free water and soda was available), and the ballroom.

Inside the ballroom, DJ Rob Ricelli was playing music, including hits like "Can't Hold Us" by Macklemore

and "Crank Dat" by Soulja Boy along with fun songs like the cha cha slide and Footloose. Promgoers were free to dance, sit at tables, or fill mini Chinese take-out boxes with items from the extensive candy bar. There was also a photo booth set up in the corner of the ballroom, where students could take sets of four pictures with their friends and receive the printouts immediately.

Around 9:30, Ricelli made the announcement that "the moment you've all been waiting for" had arrived: the prom court election. Prom committee advisor Stephen Lord announced the the Prom Prince court (Ryan Kerrigan, Paul Schuetgens, Trevor Delisle, and Wade Belanger), the Prom Prince (Alex Eustace), the Prom Princess court (Julia Katz, Hannah Igoe, Hannah Mueller, and Kaya Cooley), and the Prom Princess (Veronica Ackerman). He then named the Prom King court (Frederick Svanholm, Austin Arsenault, Lucas Bevens, and Liam Wiberg), the Prom King (Blake Caple), the Prom Queen court (Megan Comeau, Jennifer Taylor, Katie Levine, and Kaeli McPhee), and the Prom Queen (Adelia Couser).

"Being named King was really fun!" remembers Blake Caple. "People seemed to get really excited over it, even people I'm not close friends with, and I think my favorite part of prom was the [prom court's] dance afterward."

"From this year was better than last year," continues Caple. "There was less hassle for parking, the [Sheraton's] layout was better, and the food was very nice. The candy bar was fabulous," he adds.

(Continued under "PROM" on page 11)



Seniors pose for a group prom picture. Photo credit: Alexandria Trombley

"The candy bar was fabulous."
-Blake Caple



TAPPING INTO TEDx



Andrew Gass
Guest News

opportunity knowing that it would be an experience he would never forget.

The 2013 TEDx Conference in Portsmouth occurred on May 3rd. TEDx stands for "independently organized TED event" and only 100 people were allowed into the venue. It was held at 3arts Studio, a small venue that had a close community feeling to it. Imai-Hall was performing an improvised tap dance along with three other musicians in the background.

10 speakers ranging from a comedian to a nun got up and spoke about diverse topics such as robots, urban revitalization and the history of Portsmouth. Sister Mary Agnes Dombroski from St. Charles Children Home in Rochester got up and spoke about her organization, "Running Nuns" and why it is effective for the children at her home. She told the story of a girl at her home that had had severe anger issues before coming to the home. On her first night there, she turned to Sister Agnes and said to her "this is the first time I've had a safe night." It was stories like this that made the TEDx Conference so moving and an incredible experience.

"Ideas worth spreading." This is the slogan for TED, the popular website that has videos of people sharing ideas and telling stories about various topics. Many different people do talks; they range from famous people to people who just have a really interesting idea or story. Each talk lasts about 12-15 minutes, with 18 minutes being the maximum amount of time for a talk.

John Herman was the emcee for the day. He is a local writer and teacher, but also a collaborative artist. "The organizers for TEDx Piscataqua initially contacted me for ideas on performers and speakers for their event. I concluded my list of suggestions with an offhand offer to be the emcee. I didn't think they'd take me up on it," says Herman. With the slogan being "ideas worth sharing" Herman believes that all people have visions and ideas worth sharing, but adds, "Few

"I didn't even know what a TED talk was at all, I thought it was this guy Ted who just talked" says Ayan Imai-Hall. After being told what a TED talk was by his roommate, Imai-Hall received a call the next day from Sheri Lee, one of the people who were sponsoring the TEDx convention. "I think what really caught my attention to say yes, wasn't necessarily of me doing it... it was really being a part of all the innovation." Imai-Hall immediately jumped at the

of us are given the opportunity to share them. That's what makes events like TEDx incredibly special."

"Imai-Hall is an incredible talent. He really lit up the stage..." says Herman. Imai-Hall dazzled in his tap performance, which ended in him receiving a standing ovation. Oyster River High School English teacher Trevor Garman attended the event, and also agreed with Herman, "his dancing was amazing, he brought down the house." Many people after the performance was over made their way over to Imai-Hall to express how impressed they were.

Imai-Hall spoke about improvisation before his performance. "I realized me as a tap dancer, I'm an improviser." He claims he isn't much of a performer or a choreographer, but he loves the improvisation. Even without a set routine, Imai-Hall knows what direction he wants to go in and doesn't let anything stop him, "If you do know what you love, don't ever stop doing it."

"Imai-Hall is an incredible talent. He really lit up the stage..."

-John Herman



Emcee John Herman addresses the crowd at TEDx.



Ayan Imai-Hall applauds his band.

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LET'S TALK ABOUT SEXTING...



China Wong
Guest News Writer

"Once you hit send, you're never getting your picture back. That decision is going to affect the rest of your future," explained Somersworth Police Officer Campbell.

On May 17th SRO Officer Campbell and Detective Chandler came to Oyster River High School to give a presentation on sexting. Chandler brought to attention that sexting "has become an increasing problem." Sexting is simply 'talking sexy' on the phone and sending naked pictures via text message. Detective Chandler could

not stress enough that once you hit the send button that picture of you is no longer in your hands. Whether you think you are just sending it to your boyfriend or you're trying to impress your crush, once the picture is sent it becomes like a virus and can be distributed easily with just the click of a button. "We've had a handful of issues lately, conflicts between boyfriends and girlfriends have occurred," explained Principal Todd Allen. "We knew that this presentation was available so we figured let's invite these guys in to talk about the issue," said Allen.

Freshman Sara Messler believes that sexting is not an issue at Oyster River saying, "I don't really think it is [an issue]. Also I haven't heard of any stories at our school. It's definitely good information to put out there for anyone who is doing it though." Junior Haley Jones isn't sure if this presentation was needed here at Oyster River saying, "I think it was somewhat important because obviously if you get caught you can get in some pretty serious trouble and it can ruin your life. But I don't think it's as important as some other issues we could have talked about I guess. I don't think it's a super common issue either."

"I hope people took the consequences seriously because that's the line between the life you want to live and one that you hate for the rest of your life over one text message." -Sara Messler

One thing that many teenagers were probably not aware of are the consequences of sexting. If you get caught sexting it goes on your permanent record and that may affect your life like you'd never imagine.

It will affect you from getting into college, getting a good job, and just your future as a whole. If you get a B Felony (this is one of the worst things you can get. This is if you are a repeated offender) it's three and a half to seven years in jail and a four thousand dollar fine. Afterwards if you commit another offence there are no exceptions.

The victim will have to give the police all of their personal information such as their address, phone number, email, facebook password, etc. If you have to register as a sex offender your life will quickly become misery.

"They brought this on themselves, I don't feel bad for them," said Chandler. "Please just delete it, or don't take the picture at all," explained Campbell.

"If you're asked to do it, don't, just don't," Chandler pleaded as he tried to get the message across to students. Think about the consequences before you hit that send button. "Is it going to be funny sitting at the dinner table explaining to your mom or dad what you did?" asked Campbell.

"Once you hit send, you're never getting your picture back. That decision is going to affect the rest of your future." -Officer Campbell

When asked what the most important message coming out of this presentation was, Campbell responded simply with, "Be aware of the consequences and the embarrassment."

"People figure that it's not going to happen to them. 'Oh I don't need to worry about it, it's not going to happen to me is what everyone thinks' explained Allen. "I am sure not a lot of people grasped the importance of this topic, but I am sure that there are some people who did," said Allen. When asked what he hopes people will take away from this presentation, Allen responded with, "Providing information is better than not. We have smart kids, who can have a positive impact. Not 100% of the kids will take away from this, but I hope it gave people knowledge and information about the topic."

"Some kids probably took it seriously but many probably didn't. It's kind of like learning about drugs in health class. We learn all the consequences and yet it seems like so many people do it anyways" said Jones.

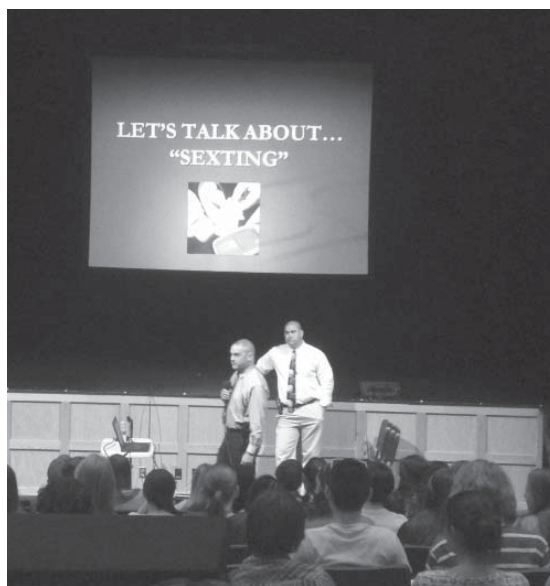
"I hope people took the consequences

seriously because that's the line between the life you want to live and one that you hate for the rest of your life over one text message," said Messler. "When we first heard about the assembly people thought it was a joke but once they began to talk about jail and sex offenders that should of been the reality check that makes you think this is real," added Messler.

Both Jones and Messler believe that this presentation won't stop people from sexting saying, "I think a lot of people will continue to do it because nobody ever thinks that they're going to get caught," said Jones. "Hopefully they will [stop]. I think some people will realize that it's wrong but others will think they won't get caught," added Messler.

"Truthfully I think this will be forgotten because we are high schoolers and we are young. Certain things we just don't care about but if people just remember the consequences, they won't do it," explained Messler.

"I think a lot of people will continue to do it because nobody ever thinks that they're going to get caught." -Haley Jones



Officer Campbell and Detective Chandler giving a presentation on sexting.



MOH' MEMORIES



Andrew Gass
Features Writer

senior Jennifer Taylor.

It was a school that created a strong learning environment and made students feel welcome. Zack Jones moved into the Oyster River School District in 3rd grade from Massachusetts and says, "It definitely felt very welcoming... it was more personal, you got to know everybody." Seamus Clancy also moved into the Oyster River district during elementary school and agrees with Jones about how welcoming the teachers and students were.

Dennis Harrington was one of the best principals that I've ever had the pleasure of getting to know. He was a caring man who did his job with distinction and knew exactly how to interact with the young excited students. Whenever Harrington would snap his fingers at you, he meant business. When I think of Harrington, I remember the rhythmic clapping he would do to get our attention at an assembly or at EMD (Early Morning Dialogue). "He was a nice guy... always being involved and he was just always ready to teach and learn from the kids," says Clancy.

The Winter Carnival was probably one of the more exciting events that took place in elementary school. Filled with fun activities, like bobbing for donuts or the bouncy house, it was an event that brought the whole school together. Kids would run around the school while the parents would socialize. PNO (Parents Night Out) was another big Moharimet event that brought in a lot of the students. It was a chance to kick back and

Moharimet. When I hear that name, memories come flooding back into my head of the five great years of elementary school. It was a place where people could be who they wanted, and a place where young kids grew as learners and as children. Who could forget the Kreeky Kart, running by Mr. VanLedjte, or the Sugar Shack that produced sweet yummy maple syrup. These memories barely begin to touch the surface of what Moharimet offered. "I think (Moharimet) made me feel really comfortable" says

hang out with friends at the school on a Friday night.

The annual Pancake Breakfast was another event that was known for being a big hit. Moharimet was so great when it came to bringing the community in and making sure they were involved with not only the students, but the families as well. It



Entrance to Moharimet Elementary School.

was also fascinating to see that all the sugaring we as students had done for 1-2 months was finally paying off and we were able to taste the fruits of our labor.

"3, 2, 1, let it rip" could often be heard from the blacktop of the playground during our elementary school days. No, we aren't talking about flatulence; this is a reference to the popular game of BeyBlades. The activity that was the big rage back in the day required two partners to have BeyBlades. They would then send them spinning against each other into a circle. Clancy and Jones both have strong memories playing with these when they were younger. Clancy also remembers battling other friends in Pokémon on the ever-present Gameboys that we would all strut around with.

The playground. It was legendary. Moharimet is most famously known for its playground, which will be renovated next spring. It was the deal sealer in all arguments against kids from Mast Way about which school was better. It had a massive slide that required guts as a kindergartner to slide down, and the large tire swings could rock somebody's stomach after a large lunch. "... The playground, and playing outside," are what Jones remembers as his top memories from his time at Moharimet. Clancy and Taylor also side with Jones when asked about their favorite memories of Moharimet. The playground was a place where a kid could, well, be a kid. You could be anybody out there on the playground, whether it was joining in on the massive soccer games against the 4th graders, building fairy houses on the outskirts, or just playing capture the flag.

"I was so rigid, I was just an awful person," says John Parsons but he credits Moharimet with challenging him to grow and learn how to interact with people. Moharimet did more than just provide a place to learn and have fun, it gave students like Parsons a chance to mature and experience new things every single day.

I owe Moharimet so much for giving me a jumpstart on learning. It taught me that learning could be fun and that every teacher at Moharimet couldn't wait to share their knowledge with the students. I will never forget my five years there, and I can only hope that nobody else does either.

"I think [Moharimet] made me feel really comfortable." - Jennifer Taylor



The legendary slide at Moharimet Elementary School.





Emma Salvati
Features Writer

THE CAFE STAFF

If you have ever bought food at the 'Bobcat Bistro,' you have had the fortune of interacting with the renowned cafeteria workers of Oyster River High School. A large amount of kids buy their lunch from the cafeteria, and if not lunch, they can buy other items throughout the day, such as coffee, bagels, and snacks. They cook our meals, and put up with our fussing and shoving during lunch time. Some recognition is in order for the people who have to deal with hungry teenagers everyday, so Mouth of the River decided to go behind the scenes of the ORHS cafeteria. Here are some featured bios of the cafe employees:

Loreta Langley

With a history of 37 years in the school district, Loreta Langley is a long-time cafeteria worker here at ORHS. While living in Madbury, all five of her children have attended Oyster River. Her children were the main reason she started working in the cafeteria. "It was important to be home with my children, and by working at the school I could be home whenever they were and have the same days off."

Langley started out in the middle school, but decided to make a change to the high school because she likes high school students better. "98% of the kids are really great," she says. "and I also love the people I work with."

Langley currently resides in Lebanon, Maine, and expresses a fondness for the chicken patties that the cafe sells. "I like the chicken patties, but I usually eat whatever the special is. The salads are good, too."

Langley claims there will be some changes to the cafe next year, including a salad bar and more local ingredients. She is also open to any suggestions from the students on how to improve the cafe.



Nancy Eaton

Nancy Eaton has worked in the high school cafeteria for 15 1/2 years now, mainly working on the cash register. She started working in the cafe when her son and daughter attended school here, so she could be on the same schedule as them while her husband was in the military.

Eaton says her favorite parts about working here are the kids, the staff, and the school. "I like working with high school kids," she says. "If you show them respect, they will show you respect." Eaton goes on to say that 99% of the students are alright- a 1% boost on Langley's earlier statement.

"The cafeteria has been going through a lot of changes," says Eaton, referring to the three different food service directors and cafeteria managers in the past three years. Eaton took a brief hiatus at the beginning of the year, and came back in January, so she isn't sure yet of what changes are to come for next year.

Eaton's favorite food served in the cafe are the pre-made salads- she has one for lunch everyday!

Melissa Thuet

Melissa Thuet is the head cook in the cafeteria, and can be seen making the hot lunch, burgers, fries, and much more. This is her second year at Oyster River High School, and she currently lives in Greenland.

"I love to cook, and working with the kids," says Thuet, who attended Newbury College for Hotel and Restaurant Management. Thuet's own children went through their teenage years already, so she understands the age group. Her favorite food is Mexican food, specifically tacos and nachos.



Tim Kenaley - Manager

Oyster River High School cafeteria manager Tim Kenaley started working in the cafe this year after having worked in the foodservice industry for many years. Kenaley has been working in restaurants since he was 15 years old, starting out as a dishwasher and working his way up. "I enjoy working with this staff and the students, it's totally different than a restaurant," says Kenaley. One thing he enjoys about working in the school is all the time off he gets during breaks and summer vacation.

Even though he professes many good things about this job, there are some instances that aren't so good, such as the overcrowding during lunches and kids being aggressive when it comes to their food. Kenaley is also bothered by the fact that most students ignore the main lunches. "Students will come in and won't look up at the main lunch. They'll walk by and spend more money on less food. One day we will be serving a cheeseburger meal, and they'll go towards the 'grab-and-go' burgers, which are more money," explains Kenaley.

This year, Kenaley has focused on bringing healthier local food into the cafeteria, which include everything from meats, to fruits and vegetables. One of his favorite foods to make at the high school is the beef stew, "It all comes from a local farm, the turnips, the meat, everything local. Not many people get it though because it's more of a dinner type meal, but I think it's phenomenal." Unfortunately, Kenaley would not disclose the recipe for his famous scones. "It's a secret," he claims.





Aaron Slepian
Features Editor

WHERE THE HECK ARE THEY?!?!?

Over the many years of our schooling kids come and they go. At first they seem as though they'll be eternally missed, but the sad truth of the matter is that they sort of fall by the wayside and our lives in academia moves on without them. When it comes to senior year it is actually extremely difficult to look back and remember who has left our sides as Bobcats. It is even harder to imagine where they are now or where they will be in the coming years. The following is a list of some of our sorely missed, former classmates.

Jack Auty

Auty left Oyster River after fourth grade and attended Berwick Academy for middle school. After middle school Auty transferred to Burke Mountain Academy in East Burke, Vermont. Burke's purpose is predominantly to make great skiers and that is why Auty attended. "At Burke I could ski every day," Auty says. Auty regrets losing touch with some of his old friends. Auty was recently chosen to train and race with the 2013-2014 U.S. Ski Team.



Auty on the first place podium at the North American Cup Super-G race. (Courtesy of Sam Auty)

Zack Bennett

Early in junior year Bennett transferred to CATA (Cocheco Arts and Technology Academy) in Dover. "I pretty much just wanted to be around my friends, but I really fell in love with the school," Bennett says. CATA is a very small school, approximately one tenth the size of Oyster River and it is formatted entirely differently, for these reasons Bennett finds the two practically incomparable. Bennett however misses a number of key aspects from ORHS, "I obviously miss Madame Miliken's shining face every morning," Bennett states. He misses other components too such as the art program at Oyster River and the budget that it has, but not the noisy lunchroom. Bennett will be attending Evergreen State College in Washington.

Nate Potter

Potter was with us for a long time, some of us since preschool. This is why people were surprised when Potter left after eighth grade. Potter enrolled at Berwick Academy in South Berwick Maine for his high school years. Berwick Academy cost Potter's family more than public school (obviously) and it necessitated that Potter commute fairly far every day. But Potter says he was grateful to get away from some drama at Oyster River. Potter is going to Westminster College in Salt Lake City next year and plans on majoring in business.

Meredith Ingham

Ingham left Oyster River after seventh grade and spent eighth grade at Strafford School. For high school Ingham transferred to Coe Brown Northwood academy and has spent the entirety of high school there. "I really missed Oyster River," Ingham states, "it was a much larger school while Coe Brown is rather small." Although Ingham enjoys being at Coe Brown, she feels as though she would be a much different person had she stayed at Oyster River. Ingham will be working at UNH after graduation and after that moving out of state, where she plans on taking online classes for business and photography once she has a house and a stable job.

Lilly Radack

Radack too left Oyster River after her eighth grade year and traded ORHS for private schooling. Radack began going to St. Thomas Aquinas and completed her high school education there. The fact that St. Thomas is a private school was the main change for Radack, "We have a dress code and the classes are a lot more rigorous," she states. Radack also misses a lot of people from Oyster River but says she still keeps in touch with her close friends. Radack has enjoyed St. Thomas' winning record in sports and their state championship as well as meeting new people. Radack will surely be reunited with some Oyster River classmates as she attends UNH next year. Radack will also be playing soccer at UNH and encourages everybody to watch the games!

Andras Palfi

Palfi left Oyster River High School after his sophomore year and moved to Massachusetts. He started attending Westborough High School, which is located just outside of Boston. "The school was much harder and also the sports were all, way more competitive and the girls were way hotter," Palfi says. Palfi misses being so near to the UNH campus but he enjoyed the proximity to Boston, because there was a lot more to do. Palfi will be attending University of Connecticut next year to major in biomedical engineering.

"PROM" (continued from page 5)

THE REVIEW

"I think that prom was absolutely spectacular!" says Souvannaseng. "Everyone seemed to be dancing and eating and just having a great time. Our profit was very generous, and I think that the hard work that prom committee as a whole put in paid off." Stephen Lord adds that the prom committee made a \$3,000+ profit and that over 250 people attended. "I didn't hear any complaints this year," he says. "Usually I'll get complains about the band or the venue, but this year I didn't get any. Kids really enjoyed having it in Portsmouth, and [the Sheraton staff] were very accomodating and very attentive to us all night. From all accounts, it went wonderfully."

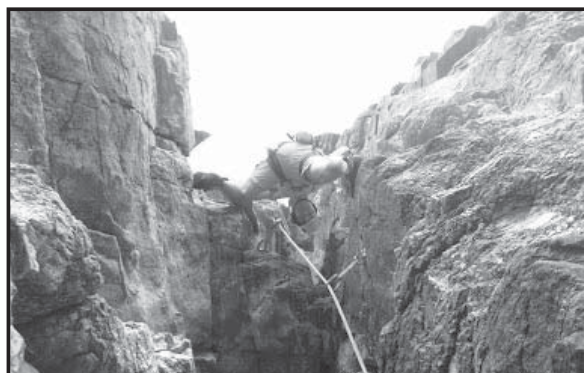
The dilemmas faced at this year's prom were minor. "The only problem we had was not having enough cups for water," says Hawkes, explaining that this dilemma ocured after the prom court was elected. "The Sheraton staff had to go get more...some people started drinking out of the pitchers of water...but we solved it."

"I did hear that many of the guys got really hot while dancing, so maybe we should have turned on the A.C. or something to make it more comfortable for everyone," says McNamara. "Overall I heard people say they really enjoyed themselves and thought it was a good prom, which is good for prom committee because that's all we wanted!"

Lord says that in 2014 he hopes to bring back the prom dance, which was cancelled this year, and have another high attendance rate. "Who doesn't want to say they went to their prom?" he concludes. "It's amazing how many references there are to prom in movies and TV shows...I think it's one of those high school things that everyone should experience at least once."

Sam Owens

Owens stuck with Oyster River for a long time until deciding that somewhere else might be better for him. Part way through junior year Owens left Oyster River and began at The White Mountain School, a private boarding school in Bethlehem New Hampshire with a focus in outdoor studies. Owens finds The White Mountain School a lot different from Oyster River most namely because of the size, there are only 115 kids in the school total and 31 in his grade. Owens also sometimes finds it difficult to be far away from home. "I enjoy the freedom that comes with leaving" says Owens, thinking of the benefits of his new school, adding "The teachers here are much more like friends than teachers, which makes learning more enjoyable." Owens will attend Green Mountain College next year and hopes to major in Environmental Studies.



Owens climbing. (Courtesy of Ted Teegarden)

Emma Robinson

In the summer before sophomore year Robinson moved to Exeter. At ORHS there are around 700 students, at Exeter High School there's 1700. "It was really weird living in a small town all my life then going there," Robinson says. She states that there are still classmates who remain strangers and that she misses her old friends from Oyster River. Robinson was glad though that she gained exposure to many new experiences at Exeter. Robinson plans on going to New Hampshire Technical Institute in the fall and getting her associates in education then hopefully attending Keene State and gaining a masters in secondary education, on the road to becoming an English teacher.

Sean O'Rourke

O'Rourke parted ways with Oyster River midway through sophomore year. He left Oyster River and began schooling at Carabassett Valley Academy (CVA). O'Rourke decided to go to CVA so he could "take ski racing to the next level" he says. CVA allows O'Rourke to travel about New England at any time for races which has aided his skiing advancements. O'Rourke misses the relaxed atmosphere of public school. After graduation O'Rourke will return to CVA for a post graduate year to further improve his skiing in the hopes that he will be able to ski division one at college.

Willbe Celestial (Willow Bergeron)

Bergeron left us after freshman year and moved to Dover where she now attends Dover High School. Like most of our departed classmates Bergeron thought the biggest difference at Dover was the size. "At Oyster River I had grown up with everyone and just felt community with all the students, at Dover I just threw myself in and tried to lay low" Bergeron says. Bergeron finds that the atmosphere in Dover makes it a lot harder to be yourself and be outgoing. "When I went to Oyster River I literally did whatever I wanted" she says. Bergeron and her boyfriend will move to New York together next year, where she'll attend The Macaulay Honors College at CUNY Queens College.

Ben Forget

Forget was at Oyster River up through seventh grade. Before eighth grade he moved to Fort Myers, Florida. When it came time for high school start Forget began attending Bishop Verot Catholic High School, in Fort Myers. The fact that it is a private school made a big difference for Forget. "Here at Bishop Verot we have to wear uniforms, can't chew gum, can't wear hats and multiple other stupid rules and regulations" states Forget lamenting the loss of freedom he experienced. Forget will stay in Florida next year and attend University of Central Florida.

Brett Forget

Forget left Oyster River after sixth grade and was home-schooled for seventh grade. After that his family moved to Lake Mary, Florida. As a freshman he began attending Lake Mary High School. The main difference that stood out to Forget was how different from Oyster River the student body there was. Forget will be attending The University of Central Florida next year for college.



SENIOR WILLS AND DESTINATIONS

Kiersten Anderson: Connecticut College

Caitlin Lasher: an infinite amount of car rides from rehearsal

Colby Runk: ridiculous outfits from savers

Alex Eustace: Clement Way and a shovel

Erika Ireland: relay for life

Julia Katz: ridiculous music rehearsals

Austin Arsenault: UNH

Alex Eustace - a snow shovel

Leah Mueller - my heart

Brenna Walczak - Charlie Gould

Mikey McDonough and Matthew Bryant - Debating bears

Dick Reece - Aroma Joe's tea

Adam Stevens - Spanish plays

Riley Batchelder: Plymouth State
Lydia Beller-McKenna: American Academy of Dramatic Arts/NYC, NY

Tiffany: The BonBons live on - in you!

Izzy and Kelly: You have to find the life you were born to live.

Marina: Careful the things you say, children will listen

Branwyn and Natalie: You may think this kind of adventure never will come to you...

Alicia: The Bookshelf Fairy and the Shakespeare award. Get to work, kid.

Lucas Bevins: Thompson School of Applied Science for Forestry
Jessica Blom: University of Toledo

Caitlin Lasher: Our ex-boyfriend

Alex Cavallaro: Better friends

Alyssa Doucett: Harry Styles' phone number

Seamus Potter: Any flannels Brenna still has

Emily Brisard: UNH
Eliza Brown: UVM

Jeff Ahlgrim: Tygur, Poppa Brown and Patricia

Chris Gallant: Firelight AND moonlight jenga

Lucy Eisemen: The hockey team

Carlisle: The bench ;)

Deena: My Love <3

Claire: My Hate <3

Shauna Bulger: St. Lawrence University/Canton, NY

Sadie: my love and several dangerous and questionable car rides

Sadie and Brenna: the team and the permission to tell Dan off

Matt Healy: a civil greeting

Laura Jan and scoit: my permission to order kilts and sweat bands (good luck LO)

cooper: my sincerest promise to never bring IT up again, And a completed bucket list

Lynn Burke: UNH

Sandra: a duet, Joan's love, a new cuddle buddy, the long awaited bradcam and a much needed championship win against Hanover

Jess: the job of back talking Mark, winter boots and snow pants, the lovely carpool and all my love

Allie S: a life preserver

Sadie: Woman crush Wednesday and my heart

Maggie M: the white line and a bit of gnarly-ness

Claire S: forks, a kitten and xtina

Chad Burns: Westminster College, UT

Matt Segil: Dave

Nick Avery-Leaf: Earl

Blake Caple: Goucher College/Baltimore, MD

Izzy: my singing talent because I'm obviously the best singer in the entire school.

Julia: all my good luck in relations and the ability to make it through next year

without me

Claire Salmon: some good life decisions which you can but won't take advantage of

Alex: my 2 part boob and 1 part iron "rod"

Branwyn: some decent food so you won't starve when Izzy is left alone to cook.

Clasher: nothing because you're not Gucci

Sophie Casella: Endicott College/Beverly, MA
Thomas Caulfield: St. Lawrence University/Canton, NY
Rachael Cavallaro: Binghamton University/Binghamton, NY

Alex Cavallaro: my confidence that he will find his passion in life and make it into an awesome career and my car (but only for a year).

Shelby Shepard and Becca Brady: Alex Cavallaro.

Haley Jones: Mr. OC's lion.

David Chen: University of Illinois at Urbana-Champaign

Eric Shi: part of my common sense

Chris Gallant: my turtle

Hunter Cinq-Mars: Keene State

Isabelle Todd: a new binder

Miki: my pokemon fire red

The XC team: endless amounts of snakes

Seamus Clancy: University of Montana

Jeff Ahlgrim, Aidan Conrad, Cooper Smith and Andrew McDonald: I leave the keys to the kingdom

Ryan Kerrigan: Courage

Madi Clement: University of San Francisco

Brenna (Legs for days): A collection of high heels no shorter than three inches and the ability to sing for all the boys in the cast next year.

Julia Catz: Peace and tranquility and the knowledge that physics is over, remember to SMILE!

Clasher: My loudness and awkwardness in the hallway

Christopher Clement: Matching socks, a sense of style and never wearing monochromatic sports gear in public.

Alex Eustace: Pants.

Claire Hawkes: Your boyfriend making 13 feet in the pole vault when he kisses you.

Miranda Miller: The best freaking shoes and nail polish galore.

Adelia Couser: Quinnipiac University

Megan Neal: the woodwind section

Tim Stringer: puns on song names, sign language,

Springer

Bea & Will Couser: my room, my stuff, Merrimack High School, and all my love

Erika Ireland: Dunks, another question mark for the rhythm section

Shanna Argyros: college applications

Mr. Kelly: Indesign knowledge and a waterfall of tears for next year

Miale: the announcements

Christian Davis: Lehigh University/Bethlehem, PA

Cam Barth: The team

Sam Smith: D-Crew

Kobi Hackenburg: A life spent living in my shadow

Phillip Posset: My TI-30XS

Ariana Dawson: Lee University/Toledo, TN

Kaya Cooley: my first base circle- keep practicing

Hannah Dawson and Emily Gibson: the bible study - don't let it die!

Courtney Desrosiers: University of New England

Tiffany Marshall: my parking space

Bekah Diamond-Bier: Gap year in Israel
Ian Elmslie: UNH

Andrew McDonald: Cheetos Butt girl and Carey Porker (to deal with)

Morgan Fay: UNH

Alex Eustace: some fresh lemons to squeeze

Fran Jeffery: a lifetime supply of mint chocolate ice cream and a recording of me whisper singing Whipped into Shape

Leah Mueller: the back seat of my car for when she's being sassy and my Tyra Banks modeling skillz

Ms. Drake: my RSVP to your wedding (going, of course) and my tea stash

Darby Finch: Cazenovia College
Lucas Finch: Great Bay
Andrew Gass: Bridgton Academy/North Bridgton, ME

Aidan: #10 Jersey, Claire's house, my phone background

Jack: Chuck , 1000 touches and a ship

Bryce: Tayrn Leach, my soccer skills, team

lazy and short crew

Grace: Froyo

Liam Cahill and Deptula: My love

Adele: The van, it needs to stay in the family

Matt Segil: A foreign exchange student ;)

James Tuliano: My cousin...

Emma Daly: Random venting sessions

Masi: Freshman science classes

Alex Eustace: McDonald's and some friends

Anna Genes: UConn

Chris Gallant: our windmill high five

Lucy Eisman: my lovely snap chats

Tim Stringer: brownies

Jeff Algrim: pekew pekew

Katelin Lawrence: a really large parking spot

Hannah Igoe, Carli Chiodo, Allie Silverman:

chop

Hannah Grant: Fisher College/Boston, MA

Joshua Brown: Rene, my pieces, doxie, all my love, a new slide, my room

Kelsey Hogan: you are now the coolest

person in this school-take care of it, garrison hill, lunch time struggles, diet coke, be nice to

nicky d

Cece Cunningham: that stop sign, the dollar store, the milk in your car, hockey season,

steady mobbin

Davon Snowden: stop being a punk, i'll come

back to get you, mr.lang, jd's house, lucy,

remember your still not a senior

Olivia Svanholm- that jean jacket that you

know is mine

Mr.Lawrence- my CD, my presence that i

know you will never be able to forget, the

endless selfies, hopefully my paintings done

by now, you have given me something i will

never be able to lose, i owe you my life

Mr.Kelly- all the bob saget pictures you have

yet to find

Alex Gray: University of Wyoming
Connor Grove: Connecticut College/New London, CT

Keenan Grove: Legacy

Colby Runk: #13 soccer jersey

Baseball team: Coach Walfield, ten poles and

a nuke

Soccer team: One fewer concussion

Travis Hackett: United States Air Force
Jeremy Halstead: Stonehill College/Easton, MA

Michele Milia: America

Sean Coit: The back nine at Kingswood

Alex Hanson: The Army Airborne School/Fort Benning, GA.

Austin: The weight room. Use it wisely ... or don't the choice is yours
Zach Martin: My brother, he's all yours Zach.

George Harmon: Champlain College/Burlington, VT

Kirsten Weiker: The first floor science hallway and my car painted yellow + black
Mr. Garman: All the munchkins in the world
Mrs. Sekera: Duct tape for your cube of blocks

Allie Harris: Northeastern University

Claire: soccer team, Durham point road and little African babies
Hannah Igoe: the soccer team and a wing domination
Lo: My lovely poeific fish prints and the soccer team
Matt Shea: biddies on your slide
Lucy Eiseman: all my love
Nick Lazar: a baked potato and lots of birthday cake
Sadie Moore: my earring swag

Daniel Hart: Southern New Hampshire University/Hooksett, NH

Derrick Jones: My dirty jokes
Ashley Constantino: My priceless puns
Becca Geddis: My inability to text back

Zander Hobbs: UVM

Becca Hoff: McGill University/Montreal, Quebec

Stephanie Hollister: UNH

Becky Browne: My boots, an awesome senior year and everything else I haven't given away.
Hannah Switzer and Sandra Strogen: The Yearbook, Mrs. Horsley, and B period block breakfast at Young's

Drew Horton: Gettysburg College/Gettysburg, PA

Evan Howard: Hobart & William Smith College / Geneva, NY

Katherine: MY car, a year full of fun in Precalc, Dunkin' Donuts money...every day...
Julia: a deep breath
Claire: the best summer of your life at ASP!
Branwyn & Sydney: lovely French men
Beatrice: my undying love and support
Isabelle: food that you can actually eat
Alex: a bidet
Fran: my heart and soul

Giles Huddleston: University of Delaware

Ryan Kerrigan- My heart
Aidan Conrad- Away basketball games
Andrew McDonald- Superfan
Bryce Schultz- ANYTHING you want
Eric Shi- My self control
Nick Lazar- My undying support for your basketball career
Laura Olivier- Stride gum and a GPS
Chris Gallant- Bro Tanks
Jeff Whitney- Intro to Adobe
Clair Salmon- A date to Sadies
Corey Parker- A smaller fan base
Mr. Brewer- Npower 1
Señor Hausmann- Cuadrados y circulos
Mr. Harwood- A 5 on the exam, hopefully

Sarah Huston: Keene State

Emma Daly-my brother
Sam-Emma Daly
Miko, TChill and Hunty-nibbous

Wesley Hutton: UNH

D-Crew-the high school. We pass ownership of it on to you. Rule it wisely.

Kayli Igoe: UNH

Hannah Igoe: undying love, the soccer team
Grace Tauriello: my white shorts
Claire Salmon: birds...
Isabelle Todd: pink spandex, snapchat
Laure Olivier: to hold a certain something for indoor track workouts\

Sam Jackson: Manchester Community College Automotive

Addison Jones: Great Bay Community College

Robyn Marshall-Snakes

Maggie Jones: Gap Year in Peru

Jason Alphonse, Hannah Epstein, and Jan Bartos: mass media class, mini vans, and pacuita margarita
Jason Camp: snuggles

Zack Jones: University of Delaware

Maegan Doody-Shearwater Street
Bryce-blond hair
Claire Hawks-econ computer with no "9" key
Sadie-my pool
Ryan Kerrigan-too much tuna fish
Trevor-Tessa
Chris-to branks
Dutka-the picnic bench
Laura-Giles
Zephyr-a bite of my bagel, a dime
Dana-big shoes

Autumn Jules: Keene State

Olivia Svanholm: Claudrifa
Matt Segil: The honor of knowing you are my favorite person in the whole world
Claire Salmon: JG Wentworth
Chris Gallant: my hugs
Sam Huston: the hat and all of the money Sarah and I have stolen from you over the years

Chase Klewicki: University of Utah

Claire Salmon- Jenny the Jeep
Nick Lazar- Baked Potato
Jeff Ahlgrim- Boot Bucket,
Jon Dana- Coordination
Bryce Shultz/Patrick Mulhern - Bench Crew pride

Gina Kliska: University of Hartford

Kyle Knight: Burlington College/Burlington, VT

Cassidy Kolter: Johnson & Wales/Denver, CO

Cody Kondratenko: Penn State/University Park, PA

Aidan Conrad/ Bryce Schultz: making lore on the soccer field
Peter dubious: my share of riverside
Future AP US History students: cangelo's rants
Dick Reece: Chick Filla and Tikis
Nick Lazar: Michigan state basketball
Colby Runk / Ryan Kerrigan: lord of the rings and siege discussions

Phoebe LaMont: State University of New York at Oswego

Gilbert Lanoue: NHTI

Mandi Lathrop: UNH

Eric Leslie: Great Bay

Katie Levine: UNH

Brenna Walczak: the volleyball team, locker #1 and my eternal love
Selia Libby: coach Dan and Reece's
Souvy: mason jars
Stumpy: the core
Andrew McDonald: Selia Libby
Haley Poff: Mr. Cutting
Chris Gallant: this paper
Amy Halsted: my knee pads

Ali Lewis: Stonehill College/Easton, MA

Julia Lewis- Mom and Dad...Good luck. And Bella
Haley Cedarholm, Danielle Lelio- lane 3, Bill and Kai
Paul- my bone/muscle, and Mroz

Sam Lewis: UNH

Ellie Lewis: Ms Drake soon to be Mrs. Drake
Sandro Clazone: the voice of a god
Alex Eustace: rugged good looks
Colby Runk: the most charges in the season
Annie Lewis: Lewis soccer legacy

Kasey Luther: Great Bay

Eliza MacDonald: Springfield College/Springfield, MA

Courtney Elmslie: the BMW and 2Chainz
Elizabeth Cilia and Caitlyn Miller: drives to McDonalds after spags
Claire Salmon: Durham Point Rd and all of my Poland spring bottles

Brendan McAdams: Army, then Lakes Region Community College

Hannah McCabe: Gap year then UVM

Patrick McDonough: UNH

Sadie Moor: backseat of the Durango
CJ Jerry: my dangles and love.
Andrew McDonald: Crazy Sadie
Cooper Smith: all of my chirps
Jordan Petro: my hockey sty
Jeff Ahlgrim- my intelligence and anger.

Kaeli McPhee: Drexel University/Philadelphia, PA

Emily Croot: a shutout against Hanover
Kaya Cooley: the red line legacy
Hannah h-k: a cough less night
Sandra Stephen: the most miserable position on the field.
Unified track team: flying like the wind!
Jess MarkAnthony: marks..... Love(?)
Jason Alphonse: a retake of the driver's test

Molly McQuade: UNH

Grace Tauriello: Isabelle's car ride and code blue*
Isabelle Todd: Gummy Scooby Snacks
Hannah Igoe: Soccer defense
Laura Oliver: My weirdness
Conor Deputala: grumpy mornings with Andy and Ruth
Andy McQuade: Mom van and don't be stupid
Trevor Oakes: one more year of Spanish
Sadie: Casey and my love
Carli Chiodo: a recording of me singing so you can listen to it everyday
Claire Salmon: Be good

Megan Mennelle: Johnson State College

Eliza Balch: Striped Pants
Katelin Lawrence: My entire Lord of the Rings DVD box set
Ashley Constantino: McFlurry date night
Mr. Coffey: All my tardy slips
Sandra Strogen and Hannah Switzer: The entire yearbook operation

John Meredith: Emerson College

Resa Meyer: Orlando, FL

CeCe Cunningham - I leave you the responsibility of keeping Brian Zottoli's blood pressure high



Taylor Milliman: Bucknell University/Lewisburg, PA
Chris Gallant-a cone
Kobi Hackenburg-my tennis racket, apple cores, my piano music
Neville Caulfield-my ampharos and kobi as your doubles partner
Phil Posset-my TI-89
Sam Smith-a new pair of sunglasses
Dongnan Guo-a rubik's cube

Alex Modigliani: UNH

Olivia Moore: Lesley University/Cambridge, MA

Rye Morrill: UNH
Courtney Elmslie: Whatever her heart desires

John-Mac Mrocza: St. Lawrence University/St. Lawrence County, NY
Drew Thibault- JAGR!
Patrick Madden- the net to himself

Pranav Nanda: George Washington University/ Washington, D.C.
Erika: Relay For Life and all the fun times with our favorite people
Hannah, Grace, Conrad, Jacko: AC
Jacko + Conrad: phone calls with chuck
Christopher: The 8th graders, Tennis Team, And my Love
Giggles: Giggling Alot and Austin's heart
Franalan: My Pet Butterfly and Piano Recordings
Claireeeee and Queen Khaw: Presidential Parties, La Festa Runs, Popovers
Kerrigan: Trying to Cheer everyone up
Izzy: My Third Wheeling Bicycle
Caitlin Coxen & Miranda Miller: Saying hi very loudly in the halls
Natalie- Anatomy and the great memories of What You Want
Alexander- your lovable self to make peoples day
Queen Khaw- Kwhoreos, Twitter, Sass, Cupcakes from DC, Royalty Problems, and memories from your 15+1 bday
Claire- Romantic Beach Walks at Sunsets, Your phone, keeping Khaw from going mental, the presidential book, playing cards after prom, Acting Class Memories, The Pink Ladder we flew around, La Festa, 151 other crazy things, and being my bestie
Little Fish- Our parents, my car when you can drive, your fish tank, anything in high school you so desire that i have done, everything else you want, but most importantly frequent plane tickets to DC to see your big brother Love you Puffer Fishy

Dan Novak: UNH

Patrick O'Brien: Colby-Sawyer College

Sean O'Brien: MCC

Zach Park: University of Kansas
Aidan Conrad: Chuck
Laura Olivier:
Bryce: nah dude, you're good
Maegan Doody: Bus 34
Chris Gallant: tennis practice, you scrub
Jack Nimmo: hi
Sandra Strogen: Nick Diveglia
Claire Salmon: a new tickle buddy
Sadie Moore: Zack's pool
Corey Parker: Charlie Weis
Nick Lazar: 96%
Everyone else at Oyster River: ROCK CHALK JAY-HAWK...and Andrew Wiggins...

John Parsons: MIT
Pat Madden: golf team trashcan rights
Drew Thibault: award-winning math team
Science department: Kobi Hackenburg
Payal Nanda: fish

Rachel Pease: Temple University
Adam Geddis: My first born child,
Bea Couser: all of our letters, excellent music taste, and my spot in the art room,
Tiffany Marshall: Troop 2015 Swagg,
Abby Concannon: the lion in my livingroom,
Katlin Lawrence: My spot at barrier at all the best concerts,
William Couser and Charlie Gould: Zoot suits, pocket watches, and cains.

Kailee Peek: Working
Mikey McDonough: Paranormal Activity, Sunny D
Bea Couser: Tic-tac-toe
Porter McManue: Fake police report
Mrs. Kishbaugh: My sassiness
Michael Mandeville: cake pops

Graham Peterson: UNH

Jess Pittroff: Volunteering in South Africa
Eric Shi- I leave you my love #marryme?
Hannah HK- Momin's d
Courtney Elmslie- #17.. Show Long what ya made of

Simon Popecki: UNH, College of Engineering
Charlie Gould: The 4 seat
The Novice: Walker

Jennifer Ransom: UNH

Mike Reed: NHTI

Jacob Reny: UNH, undeclared, aiming to major in IT at CEPS

Jason Rubenstein: UNH
Adam Geddis-"All my locker trash"

George Ruseski: UNH
Billy Salmon: A semester in the Rockies with NOLS
Laura Olivier-An invitation to the pants party
Juniors-"My locker"

Emma Salvati: University of Colorado at Boulder
China Wong: Mouth of the River and layout wizardry, the softball team, and my dogs
Ellie Lewis: A positive and cheerful attitude towards co-workers and customers
Maggie McNamara: My closing shifts with Jeff
Evan Salvati: My car, so you can go to Dunkins as much as your heart desires
Jason Camp: Rosie-Posie, Mocha Coolattas, and huge Piplup dolls
Lauren Sullivan: Oreos balls, peanut butter bars, and the ability to know when to stop talking
Dick Reece: A conscience, seeing as though you have none. Also, you owe Riley \$12

Tyler Sanders: UNH, Major in psychology

Dayne Sawtelle: Burlington College
BAUS-Anything you want
Will Woodruff-Link

Corey Scarano: UNH
Laura Olivier- my mom, car talks
Isabelle Todd- all my love
Claire Salmon- protection
Hannah Igoe- the soccer team, Lynder
Nick Lazar- The Code of Ethics
Carli Chiodo- sneezing manners
Grace Tauriello- Code Red
Eric Shi- Isabelle Todd

Adrian Schidlovsky: Maine Maritime Academy

Zach Scholz: Boston University
Mikey McDonough-Half a bagel
Seamus Potter-Stroke seat

Anthony Shea- Great Bay

Jialin Shi- MIT
ORHS: Eric Shi
Alex Cavallaro: My Fabulousness and swagger
Shelby Sheperd: "Those pictures" *wink*
Sophie Webb and Annie Batchelder : visitation to the elderly

Corey Skeens- Thompson School

Ellen Sievert- UNH
Katelin Lawrence-Girls lacrosse defense and jersey #21
Courtney Elmslie-half my love
Sadie Moore- the other half of my love
Souvy- a good little sister
Nick Lazar- a reality check, longer pants and new shoes

Griffin Sinclair-Wingate: UNH

Jake Smith: UNH
Jon Dana: the paint
Whoever wants it: the jazz band

Allison Sonia: Keene State

Emma Sosa: Lafayette College/Easton, PA
Julia Katz: my lunch

Nathaniel Spence- Northeastern
Natalie Sailor: a pen pal
Emily Sagnella: a new French horn that will never break
Siobhán Slavin: all the sleep in the world
Alex Eustace: the best job in the world
Sophie Webb: a potion to make sure they don't die
Dongnan Guo: a wonderful next year

Griffin Sperry- Tilton

Becca Stacey: Oklahoma Christian University/ Edmond, OK
Dan Bevins: my cowboy boots

Melissa Stevens: Westminster College
Alyssa: fh #15 and my love
Mikey: leopard print
Claire: forks to fork
Paul: my number one fan
Courtney: Becca Murphy's car

Ali Stewart: University of Southern Maine
Aisha Weston: frosting

Chris St. Pierre: Champlain College

Amelia Svanholm: Gap year in Africa
Olivia: my parking space in visitor

Frederik Svanholm: Gap year in Tanzania, then Roskilde University in Denmark
Olivia Svanholm: My baby versa and my legacy
Kelsey Hogan: Honey smacks and Admirals, and all the love in the world
Claire Salmon: OC's pit stains and my white laundry
Haley Parry: My mario kart wheel and shredded cheese
Lizzie Silvio: My red tire, "We're winning," and all the water guns, and Bob the crypt keeper

Katie Sylvia: Plymouth State University (Mathematics Education)
Brenna Walczak and Selia Libby: The volleyball team. I'll be back to check up on you guys... don't screw up.
Selia Libby: The #1 outside hitter position. Go get it guurl.
Abby Howard: Responsibility of being on the bottom side of tennis racquet high five.
Amy Halstead: The ice cream I owe you.
Ella Cedarholm: My love.
Amanda Souvannaseng: My project.
Emily Croot: A crouton.

Jenny Taylor: Syracuse University

Alex Eustace: my love and chitty chitty bang bang
Leah Mueller: all of the watermelons, a recording contract for our jam sessions in the car, and a lifetime invitation for heartbreak sleepovers
Julia Katz: the drama department
Fran Jeffrey: the spotlight and all the tuna fish sandwiches and ice cream in existence
Mrs. Caple: a lifetime supply of front row seats for my Broadway shows
Ms. Drake: the acceptance of Morgan's guest invitation to your wedding
Izzy Beagen: my stomach pills

Rebecca Taylor: Quinnipiac University

Liam Cooney: my infinite wisdom
Matt Segil: laxidoos and Pittsburg sledding trails

Courtney Tewksbury: Salisbury College/Salisbury, MD

Ashley Tewksbury: my support, encouragement and all my love while I'm away

Emmet Todd: UNH

Jack Nimmo- play-off game goal
Andy, Pat and Scolby- Wildcat and Jah Selassious
Beans- Captainship of the ski team
Lizzy- a ficus and my prom date.
Isabelle- skipper and the Volvo
Haley Ceaderholm- Captainship of the sailing team
Haley Parry- a rock
Grace- Awkward car rides with Carol
Conrad- Chuck
Cece- the gift of kindness

Matt Segil- Brownies, the ski team and ski team DJ
Zephyr- Adams point and '98 Volvos
Dick- Chick-Fil-A

Ella-Ryan Gershunty

Alexandria Trombley: Tufts University School of Engineering

Gabriella: Malo eating toilet paper and 7:00am mornings. Oh and the car. Good luck with that.
Julia: Stress relievers. A lot of them.
Izzy: Everything-free food.

Fran: You don't need anything, you're already fantastic.

Leah: Lots of things to smile at! All day e'ery day!
Claire: Whipping people into dancing shape.

Nathalie: Sardines.

Charlie: A watch and a calendar.

Morgan Smith: A watch and a calendar for Charlie.
Drama department: All my love <3333

Dylan Trueblood: University of Maine

Sam Warach: UNH

Colby, Arun: G Scrubs

Kristina Wetherbee: Hawaii Pacific University, major in psychology

Olivia Svanholm: Everything
Jason Alphonse & Trevor Oakes: Gepettos
Sandra Strogen: A water bottle

Liam Wiberg: Gap year then Columbia College

Aaron Wolfson-Slepian: UNH

Matt Segil: Jew Crew, my heart
Taryn Leach: Fairchild Drive
Beans: The entire ski bus
Andy McQuade: Beans
Matt Bryant: Woodworking
Gus Loureiro & Sean Coit: The DUMP (even though I'll still be there)
Amanda Souvannaseng: Panda
Haley Poff, Hannah Igoe, Amanda Souvannaseng: CatchPhrase
Slord: Stapler

Damian Woodard: UNH Thompson School

Gavin Allen: The distance team

Brennan Young: UNH

Andrew McDonald: Bromley, King of the School, Baby Pegasus
Isabelle Todd: Buzzcut, Chastity Belt, the Swings, Decisions
Emily Olivier: Andrew McDonald
Clayton Jerry: Pregame Rituals, Hockey Team, BCHILLN
Veronica Ackerman: A Date With Me and Cooper
Jordan Petro: My Lucky Underwear
Evan Gordon- Pastels
Cooper Smith- Hockey Team, Wreckless Senior Year
Jeff Ahlgrim- Baby Pegasus, Africa, Hockey Team, Man Things
Chris Gallant- A blow up mattress on the floor of my dorm room

DEAR MOUTH OF THE RIVER,

I'm stressed about finals. Help!

-Aaaah!

DEAR AAAAH!

Calm down, it is all going to be okay! With all the final assignments coming at you all at once, it's understandable to feel a little stressed out. What you have to do is take them one at a time. Prioritize - if you have projects, try to do them ahead of time so you have more time to study for written tests the night before. Just keep in mind these are your last assignments of the year - so give them your time and attention and know summer is at the finish line! Good luck!

Quick Tip: While studying, turn your phone on silent and only look at it when you take "study breaks" every half hour. This way you can actually focus on the work in front of you- not twitter!

I keep farting in class and then blaming it on other people. What do I do? -Cut the Cheese

DEAR CUT THE CHEESE,

We at *Mouth of the River* are firm believers in the Golden Rule: Treat others the way you want to be treated. How would you feel if someone kept accusing you of things you didn't do? Try to put yourself in the shoes of the innocent students you've blamed. In the future, we recommend that you pass gas quietly and don't call attention to it. You can also repress the urge and just let loose once class ends, in the safety of the crowded hallways.

How can I make the most out of the rest of my high school career? -Full Potential

DEAR FULL POTENTIAL,

For the remainder of your high school career, surround yourself with the people that make you happy. Be with your friends and make new memories without getting too caught up in high school drama. Keep school a priority, but don't stress over the little things. If you're stressed about finals, get some peace of mind by getting ice cream with a friend before studying. Little things like this will always keep a smile on your face. Branch out to people who you haven't always been friends with and try to unite with your class.

I'm going away to college in the fall. I feel like I will miss my high school friends immensely and maybe never see some of them again, and I'm scared. Any advice? -Already Homesick

DEAR ALREADY HOMESICK,

Moving away from the place you've lived for years is always a big transition, even if you're just going down the street to UNH. We recommend that you spend lots of time with your friends over summer vacation. (Some ideas: hang out in Portsmouth or Newington, go to Hampton or Wells Beach, see movies at Regal Cinemas or Barn-Z's, go out for dinner, or just chill at each other's houses.) Remember that you can reconnect when you come home for holidays or breaks, and you can always stay in touch via Facebook or texting. You can even become pen pals by exchanging your postal addresses at college! It's a sad but inevitable fact that people will come and go in your life, but remember that you will make friends at your new school.

Hey! You guys are awesome! -#1 Fan

DEAR #1 FAN,

Thank you! We're hoping that next year's staff will put in as much time and effort as we do and will produce even more fantastic issues of *Mouth of the River!* (That might be hard to do, but they can try.)

A BITTERSWEET GOODBYE



Corey Scarano
News Editor

"Out of all of it, I think I'm going to miss how laid back the school is and how comfortable I feel here, I have no problem asking anyone a question and I always feel like there's someone there to help if I need it... I sure am glad I go to Oyster River," states

Hannah Grant, reflecting on her four years here at ORHS.

As the year winds down to an end, the sun is shining and students are

definitely going to miss the social aspect, by this time you know everyone and have a lot of connections... after this co-workers will just be associates and your closest friends you'll rarely get to see."

It seems spending so many years together brought the class of 2013 close as a whole as well. Ki-ersten Anderson expresses, "I'm going to really miss all the people I have known since middle school. Not even just my friends but I've been surrounded by the same people pretty much my whole life... it's going to be so different,"

"Between all the teachers I've connected with and the friends I've gotten really close to, it's going to be really hard to leave this place." -Liam Wiberg

in our lives, and I will miss being able to just talk to them as people not just as my teachers."

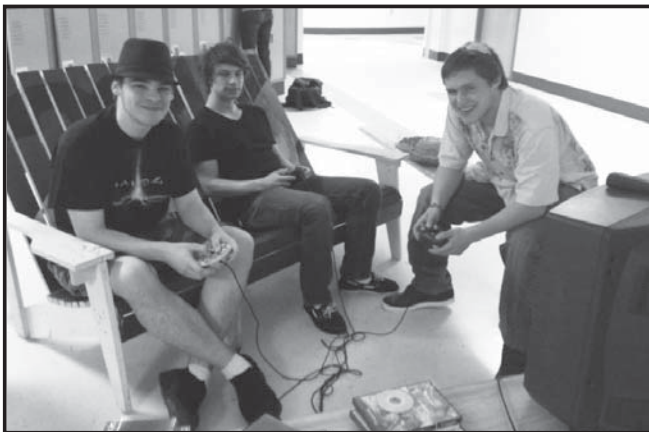
The teachers here really have made an impact on our lives, almost every senior I spoke to mentioned the faculty, and how grateful they were to have had these educators. Classroom sizes are able to stay low in numbers

and intimate, which allow students to speak their mind and create relationships with the teachers.

Comeau says, "I think we have a friendly [learning] environment, kids are encouraged to speak their opinions by the teachers and students are willing to listen,"

Emmet Todd reflects on some of his relationships, "Mr. Pappas has been hands down one of my favorite teachers, we clicked sophomore year... I was never bored in his class and was able to joke with him. I didn't get to have him this year, but still go out of my way to talk with him." Todd goes on to speak about Mrs. Grieve, a special education paraprofessional at ORHS saying, "even though she isn't a teacher, she is someone who I have connected with the most throughout high school. We have lunch every week to talk about what's happening in our lives. She has helped me through many personal issues and I have helped her also. She is the kindest woman I know, I will miss our lunches when I graduate."

As graduation becomes more real by the minute, seniors look back on their time at ORHS and reflect on the memories made and relationships created while looking forward to the many new ones to come. Liam Wiberg expresses, "between all the teachers I've connected with and the friends I've gotten really close to, it's going to be really hard to leave this place."



Gilbert Lanoue, Noah Howard and Fred Marshey play video games in the senior core.

spending every spare second they can soaking it up in the courtyard. Fifty minute class periods are beginning to feel like days long and the senioritis rate is at an all-time high. Everyone, teachers included, are ready to get out for their long summer vacation. However for seniors, after the final bell sounds, everything will change whether we want it to or not. Close friends will no longer be just down the hall, and we will leave behind the teachers we've confided in for years. As excited as many are to embark on this new chapter of their lives, what will be missed from these vital years?

Because ORHS is such a small school district, many people have had the same core group of friends since as many as twelve years. Pranav Nanda says, "I have made some really good friends at ORHS. Those people have helped me learn so much not about school but about life and about myself. I truly think that I am a better person and better friend than I would have been going to a different school,"

Gilbert Lanoue agrees, saying, "I'm

time in that hallway and wish I could have spent more there. High School wouldn't have been the same for me without all the French and Spanish teachers."

Megan Comeau agrees with Hoff saying she'll miss Madame Milliken the most because, "she has a spirit like no other teacher and she is very personable, always making you feel very comfortable in class."

Nanda expresses, "The teachers here are not only invested in our education but also

What the Staff Will Miss:

Zach- BTD with Giles in Debbie Sheldon's room

Adelia- morning announcements, Mrs. Miale

Adrian- Mr. Troy

Ian- Class of 2013 being together

Cam- the cafeteria food, Mr. Lord not letting me in the door

Andrew- macking game, playing soccer in front of a crowd, Megan Comeau

Aaron- Mrs. Miale's smiling face, being with the people we've known for 12 years

Chase- sports teams, spags and friends

Emma- all my friends and knowing everyone in my class

Me- Mrs. Raiford, Cangello, soccer

2013's COMPETITIVE CLASS



Aaron Slepian
Features Editor

The class of 2013 has one of the most competitive top ten in recent Oyster River High School history. John Parsons and Jialin Shi have been neck and neck for years, competing for the valedictorian spot. Holding the prestigious title of first in your class is a great accomplishment and really says a lot about the student who claims that position. The

strive to gain high class rank wound up playing a large role in the high school careers of students who started out simply as high achievers.

John Parsons is currently first in the class and can attribute that dually to natural intelligence and unwavering hard work, even at the most difficult of times. Parsons feels as though his close competition with Shi has motivated him to try a little harder in school, stating "It was a four-year uphill battle." Parsons would likely have done essentially as well without Shi, but he appreciates having "an incredibly intelligent person against whose performance I could constantly measure my own," he says.

Shi feels the same way about Parsons, "I respect John's hard work and he has definitely inspired me to push myself to achieve higher," she states. But the main driving force for Shi was simple, "I don't see the reason why I shouldn't try to get good grades when I am perfectly capable," Shi says.

"Without a doubt, curiosity is the main driving factor behind my willingness to learn," says Parsons, "not desire for good grades." Parsons states that some of his best work has been accomplished

"It's hard to say that I have ever loved doing homework, but the feeling I got from doing Physics was pretty unbelievable"

-John Parsons



John Parsons working in the library, writing code.

shares similar views, "Everything was so interesting. It's hard to say that I have ever loved doing homework, but the feeling I got from doing Physics was pretty unbelievable," he says.

2013's number three student varied from the math and science track that Shi and Parsons both followed. Becca Hoff is ranked as the third highest achieving student in 2013's graduating class. Hoff has found her stride in

foreign languages, as a senior enrolled in both AP French and AP Spanish. "I love languages more than anything and they have truly shaped who I am as a person," says Hoff.

Hoff and Shi both view their class rank as an indicator of their successes in high school, looking at it as proof of what they have achieved, and something to be proud of. As valedictorian Parsons has an undeniably unique impression of class rank. "Personally, it means giving a speech in front of my parents" Parsons says. Beyond the sentimental and personal aspects of being valedictorian, it doesn't mean a whole lot to Parsons, "Being valedictorian or salutatorian of a high school class is hardly a lifetime achievement...Nobody will care in six months."

Throughout high school as a whole it is clear that class rank can play a very persuasive role in how a student develops. Hoff states, "My biggest challenge was probably the pressure of maintaining the grades I got after freshman year because I was concerned I had set the bar too high for myself." Parsons feels as though maintaining his grades restricted him, stating, "Taking classes like

AP US History would have been really rewarding; unfortunately I simply couldn't afford to get a B", and Shi shares a similar view as Parsons, "The disadvantages include less of an opportunity to try classes that I don't think I'm good at," Shi says.



Hoff working studiously in AP French, while a couple of her classmates goof off.

with his natural talent opposed to incredibly hard work.

Parsons and Shi are clearly very similar academically. Both report that their favorite course at Oyster River was AP physics, it's a challenging course and both were fascinated by the subject matter. Shi states, "It directly relates to the 'real' world. The projects we did in that class were also really fun to build." Parsons





Zach Park
Sports Editor

BUCKETS OF FUN

We're finally done. The ten months of waking up at 6:30, dealing with endless homework, and annoying classmates, along with the other countless difficulties of the school year are all over. Now you have two months to live up until the end of easy living and the daily struggles start again. Check out our bucket list in order to make the most of the short two months!

Road Trippin' -Grab some friends with a fuel-efficient car and go road tripping. There are so many awesome places in the United States to visit such as New York City, Washington DC, Florida, etc. Take a week and travel along the east coast checking out all sorts of the national scenes that are offered. The sights along the East Coast and out toward the midwest are beautiful. While paying for gas, places to stay and food can be pricy, but there are a bunch of cheap hotels and restaurants everywhere. There are also ways around paying a ton such as spending a couple nights in your car and bringing your own snacks from home. If your parents are willing to fund this at all, it can be a great experience.

Day in Boston -Not to knock Durham, but it isn't the most exciting place. Sometimes we all need to experience a bit of the city life. Get a group of friends and take the short trip down to Boston. With an affordable train and bus available, getting down there is quite easy. There are so many places to grab a bite in Boston, but I highly suggest checking out Fire and Ice. Senior Jack Lombard states, "The food is delicious and authentic. It's just an awesome place to eat." It's a casual restaurant with a bar where they cook your food right in front of you. There is an incredible range of food, from all sorts of meat and fish to numerous veggie dishes. Senior Zander Hobbs adds, "The pasta is unbelievable and there are all sorts of sauces to try out with them. The variation separates it from other places in Boston." Take some time to do some shopping after lunch at the vintage Quincy Market or the Prudential Center if the mall scene is more for you. Cap off your day with a baseball game at Fenway. You don't have to be an avid baseball fan to enjoy yourself at a game. The park is filled with so much history and the atmosphere is great. The classic Fenway Franks are undoubtedly the best hot dogs you'll ever eat.

Old Men Sports -You don't need to be a great player to hit around the tennis ball or go for a quick round of 9 holes. Spending some time playing some casual life-long sports can be very enjoyable. There are many cheap tennis rackets and balls that are perfectly serviceable. The UNH and Woodridge courts are both easily accessible throughout the summer. Sophomore Bryce Schultz states, "Tennis is probably my favorite activity just because I can play with anyone. It's going to be fun whether I'm playing with teammates on the tennis team or random friends." Golf on the other hand can be a bit more difficult and pricy but still a very reasonable option. Junior Cooper Smith expresses, "I love being able to mess around with my friends at the golf course. You don't have to be good at all to have a ton of fun." Pull out that old bag of clubs or borrow your parents' and head over to the numerous golf courses in our area. If you're a beginner, try out Rockingham Country Club in Newmarket off 108 which is an affordable and relatively easy course. If you've played before, Pease Golf Course in Portsmouth offers a "pay your age" on 18 holes for juniors which is a great deal. Regardless of how good you are, a group of friends and a golf cart can always make for a good time.

Late Night Shenanigans -While we'd all love to believe that we have great night lives, it simply isn't the case in Durham. Just because there isn't a party bumping every night doesn't mean you can't enjoy yourself. Nothing satisfies a late night hunger quite like a run to McDonald's. With numerous nearby locations, it's a quick trip to fill your body with delicious junk food. But a simple run to McDonald's isn't enough to fill a whole night. You'll be amazed as to how many worthless things you can do in Wal-Mart. Senior Zack Jones states, "There is nothing better than a late night Wal-Mart run." First off, you'll see some really interesting people in there. It's always nice to people watch and Wal-Mart is a prime location for that. Secondly, there is value all over the store. There are all sorts of foods, drinks and random items you can walk out with at very affordable prices.



The George Washington Bridge in New York is a scene to see during a road trip.

"There is nothing better than a late night Wal-Mart run."
-Zack Jones

Big Bean -Everyone loves some quality breakfast food. Located in downtown Newmarket, the Big Bean is a short and easy drive for most people. It has a very welcoming and vibrant scene. The brick walls, locally-drawn paintings and a classic café feel provide a great place to sit down and eat. The workers are really outgoing which fits the environment well. Most importantly, there are a ton of great options on the menu. There's an unlimited \$1.25 coffee cup with numerous different flavors. My favorites on the menu are The Hippie which is vanilla yogurt with granola and mixed fruit and their delicious French toast on homemade cinnamon swirl bread topped with mixed fruit. Sitting outside on a nice summer day at the best breakfast place in the area is an absolute must.



Giles Huddleston takes a hack.



Chase Klewicki
Opinion Editor

Seaside Sunrise-Sunrises at the beach are a vastly underrated event and are best viewed during the summer. Personally this is one my favorite things to see during the summer and although it is usually around the ungodly hour of five am, it is definitely worth it. Senior Allie Harris expresses her experience saying, "there's a different feeling about the beach that early in the morning. It's so peaceful. You feel like you're the only one there that gets to watch the world wake up." Seeing the

sunrise over the ocean is unique especially if you live in New Hampshire. It is one of the few places that you can see all the way to the horizon and seeing the sun come up over the waves you really get the full spectrum of colors ranging from the deep purples to the bright orange. So if you can't wake up that early in the morning, why not just pull an allnighter at the beach. Either way seeing the sunrise at the beach is something you should check out over the summer.

Lakers-Living in New Hampshire it is almost mandatory to go to a lake over the summer, but this does not take away from the experience. Lakes make it to the summer bucket list because in New Hampshire over the summer there's nowhere else I would rather be. The water's warmer and clearer than the ocean, the air is fresh, and the parking is nearly always free. Obviously it is fun to go waterskiing and tubing if you have the equipment, but there's always an endless list of alternatives if you don't have the equipment like: renting a kayak or canoe, just swimming in the water or hiking on the coast. Junior Claire Salmon adds, "They're a wonderful place to take in the true beauty of nh and the great outdoors." Lakes are an inexpensive and fun place to hang out during the summer and should be one of the places you check out this summer.

Hike so Hard-The hiking in New Hampshire is some of the best New England with hiking all along the seacoast and an endless amount of trails weaving through the White Mountains. There is a wide range of hikes from easy 45 minute hikes like Mount Major to advanced overnight hikes like the Monadnock-Sunapee Greenway. They are perfect group activities and give you breathtaking views of the scenery of New Hampshire. Brittany Daly, Senior at Oyster River, goes on to say, "Going on a hike with friends is one of the best things you can do, guaranteed to return to the car with stories and great memories, always be prepared and have someone with experience along for the hike and you will have an awesome time!" I highly suggest going on a hike because it gets you out of the Oyster River area and is a flexible activity that can take less than hour. If you're looking for hikes to go on this summer the Kangamangus Highway has a large variety where you can stop pretty much anywhere along and find a great hike.

Greasy Gilley's-Gilley's is one of the few classic burger joints left in New Hampshire. Located in downtown Portsmouth it is a perfect place to stop by on the way home from the beach or for those late nights in Portsmouth. It is a hole in the wall restaurant with a dining area barely bigger than a bathroom, but it is definitely worth the experience.



Gilley's sign located in downtown Portsmouth.

Starting out as a lunch cart, the restaurant has been serving customers for over a hundred years and has developed a personality of its own with customers ordering burgers and dogs with phrases like "the works" and "loaded." Senior Seamus Clancy commends the burger joint saying "It's fantastic food, the cook is a good guy and the prices are competitive with other "fast food." Some of the perks of the restaurant is that it is open until the convenient time of

two in the morning and the food is cheap and delicious. Gilley's is a great restaurant with outdoor seating and all anyone could want from a burger joint during the summer.



There's nothing better than firing up the grill on a great summer afternoon.

When I'm Grillin', I'm Straight Trillin'

-Cookouts are never overrated. Although this is very cliché I feel as though my summer is never complete without a full scale cookout with friends.. and sometimes family. Now when I talk about a cookout it's not so much about what is on the grill (although that is very important) or who is there, as it is about a sunny summer day outside relaxing. Oyster River Alumni Aaron Bencks comments, "When I put my meat on the heat, I can't be beat." My favorite part of a cookout is generally the different games you can play: bocce ball, wiffle ball, horseshoes, blongo, frisbee.. the list goes on forever, but playing these games really clinches a cookout a spot on my summer bucket list. This is because when you're playing these games you're hanging out, you're not worrying about work or school or getting up in the morning, but just hanging out, meeting new people and having a good time. Not to mention a burger never tastes better than when you have grilled it over your own grill with a cold beverage of your choice.

"When I put my meat on the heat, I can't be beat."
-Aaron Bencks

BEHIND THE LENS

THE UPS AND DOWNS OF MY PHOTOGRAPHIC CAREER



Ian Avery-Leaf
Media Manager

I've always been a visually oriented person, dating back as far as I can remember. No matter what I was reading, the text didn't matter, all I was ever interested in seeing was the pictures. As I got older and started reading more, the interest in the photos never died down.



During my 8th grade year, Mr. Bonnacorsi the science teacher had a photography unit. We learned about how to shoot a film camera, and then developed the film in his lab. Shooting on film is something I have tremendous respect for, but don't have the

personal patience or desire to shoot myself, but I'm glad I tried it out in Mr. B's class to discover that. It's sad to say, but in a world of instant gratification, waiting for film to develop just seemed so bizarre to me, and because of that, I've never thought about shooting film since middle school.

After a photo class in Portsmouth the summer before high school, I knew I wanted to take photography more seriously.

After a few months of shooting on point and shoot cameras with very limited options, I was hitting the barrier that could only be passed by getting a camera with manual controls. A film camera would have fit that description perfectly, but I still wanted nothing to do with them. My style of taking hundreds more photos than I should would have been quite costly on film.

I decided to buy a DSLR, and I proceeded to take thousands of random photos, experimenting with how all the settings on the camera work together to expose a photo. A



DSLR is great to learn with because there is no problem with taking too many photos; just delete and try again. Through rain, snow and shine, that Nikon has served me quite well.

During October of my junior year, I bought an iPhone 4S, which was the

first one to have a decent camera built in. Right around that time,

my DSLR started to get used very infrequently. After getting the photo sharing app Instagram in early 2012, most of the photos I shoot have been on my phone. The ease of having a small little device in my pocket for anytime photos made



DSLRs seem more and more clunky.

People will argue that the rising prevalence of smartphone camera shooting has degraded the art of photography. Besides composing the photo, which will always

take a good eye, it is true that tapping one button to shoot a photo does take a lot of skill out of it. People look at Instagram and point out all the really poorly thought out, boring crap that litters some people's feeds. What they are ignoring though, is the thousands of users who post interesting and creative photography on a daily basis, it's hard to believe what some people do all on their phones. The most important part about Instagram is the sharing, something that you just can't do on a DSLR. In 30 seconds I can flick through gorgeous photos from around the world, who knows how many of those would have been left sitting on someones hard drive, away from the public eye, had Instagram and the rise of photo sharing not taken place.

In the middle of my Junior year, I was recruited to join Newspaper as the staff photographer. It was an after school club at the time, and the meetings were very casual. Deadlines were barely met, staff rarely showed up, and the paper suffered because of it. My biggest contribution to the paper that year was two cover photos, one of Mr. OC and one of the bobcat mascot. They were far from my best work, but I enjoyed adding something to the paper. I had no idea how much I'd miss the days of after school MOR.



Senior year came with an unfortunate shift in the paper's schedule. What was once an awesome club turned into an academic class.... during A period. My previous role as staff photographer transformed into article writer plus shooting all but one of the cover photos. I'm not afraid to say that my struggle to get to A period classes on-time combined with an extreme lack of motivation for writing made me a very poor MOR staff member this past year. I can't say I am proud of any of the articles I wrote, as they were all either incomplete or late, but it was a good learning experi-

ence. It's safe to say I'll never be a journalist.

The one thing I did really enjoy throughout the year is shooting the cover photos, and those were definitely my best contributions to the papers. The process of brainstorming ideas, going out to shoot the photo, and then eventually seeing it all over the school was pretty cool. Even if people don't read the paper, they're almost guaranteed to see the cover, which put a bit of pressure on me to step up my game from last year.

The first issue of the year displayed senior Billy Salmon across the front, yelling with excitement after winning musical chairs during spirit day. Someone's arms are raised triumphantly in the foreground, framing Billy in the middle. Many different people with cameras were running around getting photos on the gym floor, and Mr. Kelly was asking me to join them. I have always been a shy kid, so in a room full of the entire student body, that was the absolute last thing I wanted to do. In the end, I'm glad I stayed



on the bleachers to capture the raised arm frame around Billy, something that would have been absent had I shot from ground level.

The second cover I shot was of Mrs. VanDyke in a santa hat, holding the same MOR issue in front of her, inception style. What she was actually holding was an old issue, but a bit of photo-shopping added her into the cover of what she was holding. I hope that the infinite-repeat caught people's attention, I did notice a few double-takes when it first came out.

The latest cover I shot is the one I am most proud of, and received the most feedback on. Each issue has a theme and for this one the theme was the tuition students coming to the school next year. I came up with a cover idea very last-minute, and shot a photo with three students looking forward towards the school with only a few days before the final layout was sent off to be printed. A few people were surprised to hear that the school names on the student's shirts were photoshopped in, and not an actual shirt. The image represents a ton of change coming to the school in the near future, and I hope that people see that when they view it.

Looking back I have never regretted being an MOR staff member, even with the serious changes this year. I am glad that I learned I never want to be a journalist, or a professional photographer. Sometimes keeping a hobby a hobby instead of a career is a good thing, the most fun I have with photography is when I am shooting with no pressure. I hope that next year someone with more of a passion for journalism will take my role, and do a much better job than I did filling the inner pages with creative photography. My final wish is that MOR readers enjoy the cover photo on the front of what you're holding, no matter how it was shot and whatever it may be.

LEAVING OYSTER RIVER



Cam Messer
Op-Ed Writer

Blue and white gowns, Pomp and Circumstance and annoying tassels mark a rite of passage for all high school students. But where does everyone go after the music stops?

For some it is college, for others it is work, or perhaps military service. Whatever it is, it is a time when we take what we have learned about math, science, culture, art, people and ourselves, and apply them. There is a little voice in all of our heads. It builds itself up as the ladder is climbed and more accomplishments are made. As we near the end of our high

school career, most of us have that little voice inside of our head saying: I am ready for this. Though we might not admit it, talk about it or even acknowledge it but it is there. But what are we ready for?

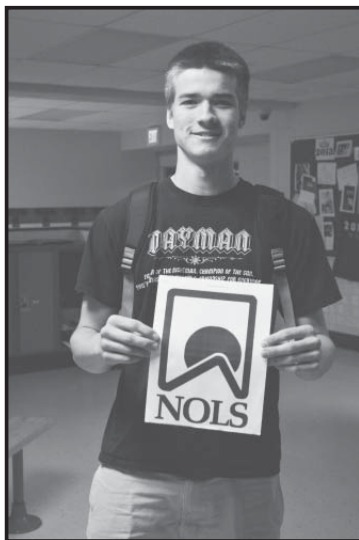
It is my first hope that we all leave high school with a desire to contribute to the world and community with what we do and where we go. Whether that is joining the workforce and providing services, or reaching for higher education, we all can contribute.

It is my second hope that we recognize that we have an exceptional school. There is no denying it. The bathrooms are clean, the water is fresh, there is consistent electricity to power our computers and lights. We are fortunate to have this seemingly natural luxury as we are isolated from debilitating poverty, as it is so prevalent in many places around the world. But there is a way to do something. It is unknown

to many high school students but structured programs are widely available and can be utilized to help those who are less fortunate. These programs last from one week to twelve months and can be in nearly any place in the world.

The concept of a "gap year" is becoming increasingly common around the world. Popularized in the 1960's, gap years gained momentum in the United Kingdom according to prospects.ac.uk. Students defer their enrollment to university and engage themselves community work or in some nature of volunteerism. Although referred to as a gap "year", this break between high school and college does

"It's going to be weird not having my support system, but it's more of a journey for personal growth than anything." -Frederik Svanholm



Billy Salmon is excited for NOLS.

not have to be 365 days. A simple google search will queue up dozens of organizations that offer people the opportunity for people to volunteer around the country and world. In the eyes of colleges, structured gap years are often encouraged. Harvard University, along with other prestigious schools, encourages gap years to the enrolled undergraduate students. Harvard states on their website: "the best way of all to get the full benefit of a "time-off" is to postpone entrance to college for a year. For nearly forty years, Harvard has recommended this option, indeed proposing it in the letter of admission." They also state that their graduation rate is 98% of students, partially

crediting the time off so many of their students take. Oyster River senior Amelia Svanholm is taking a full year away from the traditional classroom. Svanholm hopes to go into the field of medicine and is ambitiously pursuing her goal. During the fall se-



Amelia and Frederik Svanholm hold up the flags of the countries that they will be traveling too next year.

master she will be attending some classes at University of New Hampshire, while working on her certification to be a Emergency Medical Technician. During the spring semester, Svanholm will be traveling to Africa. She will be in Tanzania for three weeks and Uganda for twelve weeks. At both locations, Svanholm will be focusing on medicine. "I will be working in a hospital with other doctors dealing with childbirth and in a HIV clinic." She will be volunteering through programs: Gap Medics and International Volunteer HQ. Svanholm articulates the dilemma that many high school students have; not knowing what they want to do. "I got into a lot of pre-med programs, but I want to make sure I know what I want to do. I want to experience something completely different and outside of my comfort zone." Svanholm states that she will re-apply to schools next year. She hopes to attend Massachusetts College of Pharmacy and Health Sciences, University of New Hampshire or the University of Vermont.

Billy Salmon a graduating senior at Oyster River, is taking another path during his year off. Salmon will be spending his first semester with the National Outdoor Leadership School (NOLS). He will be traveling through the United States' Rocky

"... I want to experience something completely out of my comfort zone."

-Amelia Svanholm

Mountain range through the winter. Hiking, rafting, climbing and backcountry skiing are just some of the things on Salmon's itinerary. "I am interested in outdoor education" Salmon states. He also admits he needs a break from the traditional classroom. Salmon has gone through the college application process as well, and has deferred his enrollment to University of New Hampshire.

Amelia Svanholm's brother, Frederik Svanholm is also a senior at Oyster River. Next semester he will journey to Africa for three months. Frederik will spend time in Tanzania, Uganda and Rwanda. "It sounds intimidating, but I am really excited" Frederik admits. It is not uncommon for gap year programs to offer students the opportunity to earn college credits. Programs like NOLS offers some college credits that can transfer to most schools. Frederik will be receiving 12 college credits that he hopes to transfer to his top school at Roskilde University Denmark. Frederik hopes to major in International Humanities. "It's going to be weird not having my support system, but it's more of a journey for personal growth than anything" Frederik says.

The bottom line is tremendous things can and are being done. I commend all of the students who answer that voice in their head and pursue volunteerism. I give a standing ovation to all of the students who recognize that the same voice is in students heads all around the world, and reach out to help them answer it.



Chase Klewicki
Op-Ed Editor

Classes at Oyster River High School quickly develop reputations ranging from crazy teachers and sporadic curriculum, to by the book, strict teachers. However, more often than not the question that students are most interested in is: how hard is the class?

Oyster River High School uses an elective system rather than a track system, mean-

ing students are placed in classes based on personal preference rather than age group. This gives students a tremendous amount of freedom and responsibility. The Oyster River community hopes that given this freedom students will choose classes based on an interest in the subjects. However, it appears that for the majority of students the choice is based on difficulty. This is both an issue for teachers and students.

On one hand, students need to recognize their responsibility given the freedom of class choice. Trevor Garman, English teacher at Oyster River, emphasizes this point saying, "We don't recognize how valuable education is until we leave. It's free training: a free way to be challenged, and learn intellectually, and this is the only time in your life you have access." Students need to utilize Oyster River High School to its fullest extent. We have a large variety of classes in almost every subject and students should take classes based on interest rather than difficulty. Principal Todd Allen believes that Oyster River students are making these choices, saying, "Oyster River kids are unique in that they recognize the value of challenging courses." High school is when students should be exploring different subjects, because ultimately the profession students will be pursuing later in life will be a result of the classes and experiences they had in high school. So when deciding on which classes to take, students should make the choice based on the subject and topics, not the teacher or work load.

On the other hand teachers need to recognize that most of the electives in high school are introductory courses. At Oyster River we have: Biology, Anatomy, Philosophy, World History, American Literature, and trying to encompass the entire subject of biology or philosophy is both unachievable and undesir-

THE GOLDILOCKS THEORY: NOT TOO HARD, NOT TOO EASY

"We don't recognize how valuable education is until we leave. It's free training: a free way to be challenged, and learn intellectually, and this is the only time in your life you have access." -Trevor Garman

"I think some classes do [focus more on breadth than depth] because of how much they have to cover, like in AP biology we could only touch on subjects because we needed to cover so many for the test." - Sam Lewis

able to students because of the enormous workload. Classes shouldn't be a walk in the park, but making a class overly difficult especially at high school level will drive kids away. Senior Zack Jones admits, "Had Environmental Science been a difficult course I wouldn't have taken it, but I'm glad I did because I'm interested in the subject." However, Celeste Best, science teacher at Oyster River, makes a strong point on the other side of the argument saying, "Science especially, you can only water

[a subject] down so much before you start to lose the substance of the subject." Classes being difficult simply for the sake of being difficult is an issue because by making these courses so hard, students choose not to be exposed to them, and as a result never know if they are actually interested in that subject. So when considering the curriculum, it should excite students and sell the

subject, rather than try to cover as much material as possible.

When considering high school curriculum we also need to discuss the idea of breadth vs. depth. Many classes at Oyster River, specifically AP, cover an abundance of topics. This is good if the students are actually learning and having to critically think about these topics. However it seems that because of these abundance of topics students are merely memorizing for a test rather than learning the material. Sam Lewis, senior at Oyster River, says, "I think some classes do [focus more on breadth than depth] because of how much they have to cover, like in AP biology we could only touch on subjects because we needed to cover so many for the test." This is not good. If there is one thing that high schoolers need to be taking away from high school it is the ability to think critically about the topics to which they are exposed.

The responsibility of the elective system is shared between students and teachers. High school is a period in student's lives when they are able to explore different subjects based on their interests. Ultimately this will help them decide what they would like to do for the rest of their lives. Given this freedom to explore students need to take classes that pique their interest, explore the different electives in English, art, science, and social studies, and avoid taking classes that are considered "easy A's." Teachers need to recognize high school is a period in students lives where they need to explore different subject and make their subjects an appropriate difficulty.



Mr. Garman showing the balance between a rigorous and interesting class.



Eliza Mae Brown
Guest Op-Ed

POWER OF ONE JUST ANOTHER PROJECT?

After six years, Social Studies teacher Pam Raiford still feels strongly about Power of one, and the greatness that can come of it, "I truly, honestly believe that our hope lies in the fact that we are capable of creating extraordinary change." This change that we all hope to come out of Power of One is an amazing thing to wish for, but is it time for a change to the actual project?

Each year the social studies department challenges the freshmen class to make a change. They do this using the 'Power of One' project, something instituted by Raiford with help from Brian Zottoli and the rest of the social studies department it has been refined to the project it now is.

The idea of this project is to make students think of an issue that has personal meaning, something realistic that they could possibly help with. Then throughout the course, students will raise awareness or money in the hopes of making a difference. This is done to show students that even though you're only one person, you can make a difference. The Power of One event is held each year at the end of May, usually in the cafeteria and multipurpose room. This event has been going on for about six years, and over time it seems to me that the meaning behind it has diminished and it's time for a change.

The Power of One project was originally meant to give some hope to students in the freshman social studies class, World Cultures, which focuses on such disheartening topics. "The World Cultures curriculum can be very depressing. When you start looking at these really cool cultures that have been impacted by modernization and capitalization, it gets really discouraging," explains Zottoli. Each Social studies teacher agrees with Zottoli that this project is able to "help students understand that they have the ability to make a change in the world."

While having a positive end to the year can be very reassuring after discussing such negative topics, Power of One isn't always as helpful as most might hope. "I know the kids want to do better than the year before," says social studies teacher Karen Van Dyke. She expresses that while the concept is great, it's turned into more of a competition: "You don't want to be the student that doesn't raise very much money, and you don't want to be the one who doesn't seem as successful. That's really not the goal of the project and I know that that's not what we as teachers are trying to make kids feel." Students should be inspired to help, not competing for it.

While some students may feel the project is becoming competitive, there's a definite split between students who see the meaning and put in significant effort to make a change, and others who just want to finish the project and pass the class. Zottoli explains that this has always been the case, "We definitely have [both types of students] with this project. There are a lot of students who are just doing it to check it off the list and pass World Cultures. But I also think there are a lot of students that really pick something that they are super passionate about because they have a personal connection to it or they really appreciate the opportunity to make change and do really outstanding things."

"Like any project that's in high school, there's going to be students that embrace the deeper purpose behind it and there's going to be students that jump through hoops to get it done," expresses Zottoli. Another Social Studies teacher, Matt Pappas, agrees that although some students may have lost the drive, he still doesn't believe the meaning has changed, "As word gets brought through the years through siblings and friends,

perhaps it might be taken as 'just another project' but I think parents and those who come to the event understand just how significant it is."

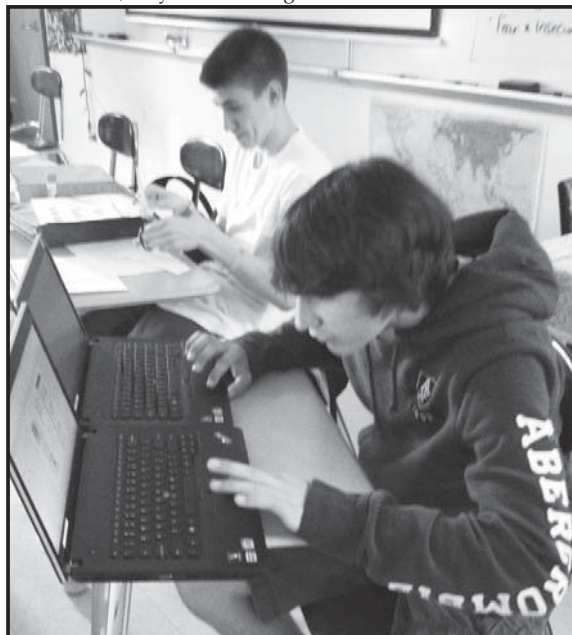
Freshmen students seem to be scattered in their opinion of Power of One; they like the idea behind it, just not so much having to do the actual project. While most freshmen have heard of the project before entering high school, they still never know what to expect. Nina Messer falls under this category and was surprised at how difficult it is saying, "I watched my brother do it and it seemed easy but now that I'm doing it, it's a lot harder." Payal Nanda felt just the opposite, after watching her brother and sister go through the experience she expected the difficulty

but unlike many other freshmen Nanda felt it was far easier in her opinion.

As I sit in on a freshman World Cultures class I can see that students are almost impartial to the project. Many chose not to speak up at all, others answer on the

fence with varied responses of 'I like the idea, but not the work.' As students of this World Cultures class talked back and forth about the project, a student Matt Silverman stood out. Silverman explained, "I am not a big fan of Power of One. I think it's a good project for people who are interested in helping out with whatever their cause is... It's pretty pointless if you have no drive to do it." Other students began to add in their comments on the problems with Power of One; too much busy work, fundraising is too hard, not a set time frame, and many more. If one student feels this strongly, surely others do to.

While some students complain about Power of One and the work they must put in, other students like Abby Colby enjoy the project. "I think it's worth it, being able to see a change," says Colby. Those are the students that keep Power of One alive, but in my opinion I hear even more people complaining about the project. Even those who do like the project, teachers and students alike, still have something to say about Power of One and if this is the case, why can't it change?



Students work on their Power Of One project in Pam Raiford's World Cultures class.

THE MEATLESS CHALLENGE



Corey Scarano
Guest Op-Ed

meat reduce my carbon footprint? Jennifer Taylor, who presented this solution explains, "Meat production produces so many carbon emissions not only from transportation, but from feeding and 'growing' the animals, processing the meat, and then finally shipping it off across the country, so, choosing

In Environmental Science, students were assigned to come up with solutions for the 21st century to live more sustainably. One of the solutions brought up was vegetarianism. This idea perplexed me: how could my lack of eating

cream cheese and cheddar all sandwiched into their homemade anadama bread. Although it doesn't sound great on paper, it really does taste amazing.

Taylor, also a vegetarian, says her mother had concerns as well when it came to whether she'd be getting the proper nutrients without meat in her diet. "After showing her the research I had done she saw that it was super easy to find the nutrients I was missing from not eating meat, and now she loves finding new vegetarian recipes to try!"

Morgan Fay, a senior at ORHS,

because they accommodate to my preferences."

Many people who become a vegetarian have strong beliefs which keep them on their sometimes tough regime. For me, there was no driving reason which is why after my two weeks I returned to eating meat. Although I loved the increase of

"All of our chickens are 'free range' which means that they can roam around our farm." -Becca Stacey

peanut butter in my diet, the cons outweighed the pros. As long as you purchase meat from a local farm, although it is more expensive, the benefits are great. When you eat local meat, the transportation costs are much lower, which reduces your carbon footprint. Also, the animals also get a happy, free-range life. The animals aren't given growth hormones or antibiotics so the meat you eat is much purer and healthy.

Becca Stacey, who works at Coppal House Farm in Lee, explains how the chickens there live a good life. "We have about 700 chickens, most of which are the laying kind of chickens, and then we have the meat chickens which don't lay eggs and are bred specifically for their meat which we will slaughter in the summer.

All of our chickens are 'free range' which means that they can roam around our farm. They pretty much 'graze' so they find a lot of food by roaming around but we also feed them grain as a supplement." Stacey goes on to explain, "They go into the chicken coops at night so things like coyotes and fox don't kill them but besides that, even in the winter they are let out every morning. We also feed them food scraps from the owner's dinner, all around they have it pretty good."

Overall, you do not need to be a vegetarian to reduce your carbon footprint and respect the life of animals. I am going to try to buy local meat and even local eggs to support small farms in the area. If you get familiar with the farms around you and where they sell their meat, you are not only supporting them, but also not giving money to big corporations that treat their animals poorly. Being a temporary vegetarian made me realize that it isn't as hard as one might think, so if in the future I don't find myself being as dependent on meat, it will surely be an option for me to better my health and better our planet.



"The Matt" from the Friendly Toast.

to not eat meat, or even just eating less meat, will greatly decrease CO2 emissions."

With the facts at hand, I decided to challenge myself to vegetarianism for two weeks. Going into it initially, I was sure it was going to be a struggle. I had no problem dropping all the red meat, but I do love chicken. I have chicken around three times a week, so finding substitutes was my main concern. The first few days were definitely hard to adjust from being a meat eater all my life to eating no meat at all. One time, I was millimeters away from taking a bite of homemade chili when I saw the ground meat and dropped the spoon.

Being a vegetarian is definitely more of a challenge when you are the only one in your family. After the first few days though, it became much easier than I anticipated. The only time when it was truly frustrating was dining out. The restaurant menus drastically shrink, especially when I wasn't even able to eat fish. The only meal I found that was both satisfying and vegetarian was "The Matt" from The Friendly Toast. "The Matt" is avocado, salsa, black beans, a thin layer of

has been a vegetarian her entire life.

She says, "I eat a lot of fruits and vegetables and different grains like bread, pasta, rice, quinoa and such. I eat a lot of peanut butter and almond butter and like walnuts and pecans and such. Beans, tofu and other soy products are a big part of my diet as well."

Fay continues, "A big reason why I'm a vegetarian is the humane aspect and factory farmed meat is extremely inhumane to animals. Generally, local, free range animals have a much better, happy life so I wouldn't feel as guilty eating them, but I don't foresee myself ever becoming a meat eater."

For different reasons than Fay, senior Kayli Iggoe became a vegetarian this year. She explains, "My family has a history of heart disease. It's pretty prevalent in my family so I decided to take a healthier route for the long run."

In regards to the difficulty level after 18 years as a meat eater she says, "At first it was [difficult], but after my family got involved it was easier to manage every day



Nick Lazar
Guest Op-Ed

Over the years in college football many people have asked themselves "Why doesn't college football have a playoff system?"

The BCS stands for Bowl Championship Series and has been implemented in college football since 1998. Although numerous

changes have been made to this system, it still has the same major concept and themes to it. The way the BCS system works is instead of having a traditional playoff setup they have bowl games that span one month's time from mid-December to mid-January. The teams with similar records play, beginning with the worst records to qualify and ending with the best teams in mid-January. These bowls get sponsored each year by big name companies like the Allstate Sugar Bowl or FedEx Orange Bowl. These sponsorships are a large portion of their profits overall for college football.

The way they determine who gets to play in which game is where the complicated issues really lie. There are three polls in total that go into seeing which teams deserve a bid for a chance to play in the national championship, or which teams should even make it in to the post season. These two polls account for 33% of the voting and they are called the AP Poll, and the Coaches Poll. The other estimated 66% comes from two sources; the Harris Poll and a computer based ranking system. Fifteen years since this started; there are still many different factors that can make a team number one in the BCS system, which creates confusion and annoyance from the players on the field to a father and his eight year old son leisurely watching from their home.

"I hate the format now because it doesn't give lower conference teams a chance. The powerhouses such as Alabama and Florida are almost guaranteed to get into the finals if they have less than two losses" says freshmen Colin Runk. In college football, the lower conference teams have very rarely had a chance to play in these huge national covered games. These bigger conference schools will get a higher bid in the BCS system even if the lower conference team goes undefeated throughout the year, which is wrong to do just because they play in a different conferences. "I don't like the current system. Although I think the best team has usually won, if you are truly the best team why not prove it in a playoff. I think it at least gives non BCS schools a chance, but still very rarely do these teams finish in the top four," senior Cody Kondratenko states. Take Boise State for an example; in 2009 a Boise State team had a perfect record and went undefeated through the regular season. They only were given a Fiesta Bowl bid against a Big 12 powerhouse in Oklahoma. Everyone thought

that Boise State was going to get run over and crushed by this giant in Oklahoma, who some predicted to play in the national championship. Boise State came out on top and won, which shocked the whole country, but still didn't change the minds of the stubborn voters of the BCS. Some will say however that powerhouses like Alabama and Florida have extremely harder

schedules than a team like Boise State. "As long as the right teams are in the postseason playoff then it shouldn't matter who they played in the regular season or what conferences there in," says para assistant Geoff Jablonski.

Another major issue and dispute in college football is not only how the post season is set up, but how the regular season is as well. Regular season games are unfairly heavily weighted because losing just one game in the regular season makes it extremely difficult to still be in contention for a national championship spot. Putting this much emphasis on regular season games doesn't always get the very best teams in the national championship

want a committee, almost like college basketball decides the top eight teams who deserve to be in the playoffs and not a computer just spitting out useless information. I took last year's top eight teams in my opinion and placed them into a bracket to see how they match up. The top six from the BCS standing I had as my top six as

"I hate the format now because it doesn't give lower conference teams a chance. The powerhouses such as Alabama and Florida are almost guaranteed to get into the finals if they have less than two losses" - Colin Runk

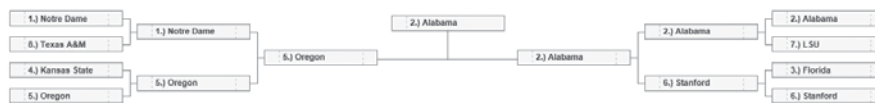
well, but I had Texas A&M and LSU in my playoff instead of Georgia and South Carolina. Did Alabama still win it in the end in my playoff yes, and in my opinion the BCS made the right call putting them in there, but Alabama is an absolutely ridiculous program where the spit out first round draft picks in the bunches each year in the NFL Draft. I would want to see the first round be home field advantage for the higher seed team. I know there is a slim chance of that happening due to the realization that they are still students and should be attending school as much as possible and there not professional athletes who do get paid doing this. I would be ecstatic if that could come into play though, the atmosphere in each one of those stadiums would be surreal by how loud it would be throughout the

entire game. These games though would still be sponsored and dubbed a "bowl game"

to bring the revenue in still. All of the remaining games

would be played on neutral fields, like Cowboy Stadium or Louisiana Superdome and have major bowl sponsorships cover those games, but each major bowl sponsorship out of the four would rotate each year to represent the national championship game. I feel this way it will keep the bowl sponsorships happy and not back out of their deals from the changed format of a playoff.

Many still speculate on what will happen in the years to come on whether it will continue and grow as a postseason playoff system to an eight or sixteen team tournament for college football, or will it be a bust going to this new playoff tournament system instead of the BCS system "I think four is a good starting point. Football is different than basketball; you can't have a sixty eight team field, but no more than eight. I think there will be more changes, but college sports have a habit of being late in changing these kinds of things" says Kondratenko. Others think the new playoff system shouldn't evolve and stay with what the BCS has now. "I think it should get bigger but not too much because it will take away from the importance of the regular season," puts junior Aidan Conrad. This will be a very interesting decade for college football as the system will shift and the process of trial and error will be played out for us college football fans to complain about something.



My personal bracket of how it would look if my playoff system was implemented.

by losing a game or two. This does create however, massive amount of enticement to watch these regular season games, not only because they are fantastic to watch, but to see if a team looking to play in the national championship gets bounced by losing on a Saturday night. "If a team loses one game it is probably out of contention for the National Championship; if it loses twice there is little chance the team will qualify for any BCS game. Therefore, if a team loses early in the season then the rest of its games lack excitement, and the claim by BCS proponents that every game counts does not hold true" says college-footballprosandcons.org.

I personally want the BCS system completely out of college football. I think it is an awful system that creates so much confusion on to who plays in what games or who is the number one team in the polls this week. The BCS system is a big factor to people being turned off to college football, or the average fan might be turned off as well not knowing why undefeated team is playing in a lesser bowl than a team with two losses. My system would trend definitely towards the playoff system. I would like to see this playoff expand into eight teams. I would



China Wong
Sports Writer

FIGHTING FOR A WIN

According to ORHS Athletic Director Corey Parker, the last time the Oyster River Girls Softball team won a game was all the way back in 2007. "We don't have very good feeder programs. Year after year the teams are inexperienced and full of younger players," explained junior Lauren Sullivan.

Although being inexperienced has been a problem in the past; this year's team is filled with many upperclassman. With a total of four juniors and four seniors that is the most upperclassman this team has had in a while. According to Coach Beth Rowe "The 2013 team has several returning players added to 5 freshmen who come with lots of playing experience! With those two components, the team knows more about the game than they did last year." If these incoming freshmen stick with the team in the future then there will be plenty of upperclassman and experienced players to help make this a winning team.

This year's team very possibly could be the team to break the losing streak. It hasn't been the most ideal beginning of the season so far. First the Bobcats lost newcomer Caitlyn Miller in just their second game. She then missed the following

five games with an injury. Miller who is the Bobcats' stand out pitcher injured her thigh muscle early in the (second) game. "It was hurting prior to the game and it was bothering me throughout the whole game as well. I didn't want to let my team down so I kept pitching," explained Miller. "I landed on my stride (right) leg and I felt it right away. The whole muscle twisted," added Miller.

The second problem the Bobcats had to face was the stretch of games over April Break. A little less than half of the team was missing the entire week. This forced different players to play positions they had never played before. Also freshman catcher Rosie Tarvainen got injured and was out the whole week. With Rosie out of the lineup Sara Messler was thrown behind the plate to catch. Messler had never caught before and she wasn't the only one with a new position. Ariana Dawson was moved to third and Cheyane Milano was put in right field. The good news came at the end of the week when Miller came in the game to pitch one inning. "I have been going to physical therapy and working hard to get back in the



Sara Messler up to bat.

Sophomore Sarah Meyer is the Bobcats other pitcher and she has pitched in the first seven games of the season. It's hard to win games when you only have one pitcher who has to pitch seven innings every single game.

The most promising game so far has been the Bobcats first home game against St. Thomas on April 17th. The Saints took an early three to one lead but the Bobcats battled back and had a secure lead for the majority of the game. Heading into the seventh and final inning the score was all tied up at eight



Kaya Cooley positions herself to field the ball.

"We need to try our hardest at all times and if we are going to win we need to have a good mental aspect of the game."

-Sara Messler

a piece. St. Thomas ended up knocking in three runs in the top of the seventh and the Bobcats couldn't match that. The Saints pulled away with the win, the final score being eleven to eight. Although the girls didn't come away with a win, they battled hard. They showed themselves and the other team that they could be a competing team.

Another promising game came on May 13th against John Stark. After the first two innings it was tied 2-2 and the game remained tied for a couple of innings. In the fourth inning John Stark was able to knock in two runs and added another in the sixth securing their lead at 5-2 heading into the bottom of the sixth. It seemed as though the softball gods were shining down upon Oyster River as they had a very impressive inning. Sullivan led off with a hard hit over the left fielders head and was able to get a triple out of the hit. Kaya Cooley was then able to get a sacrifice ground out get the RBI bringing Sullivan home. The score was now 5-3 John Stark.

The Bobcats had several great chances leaving runners at second and third heading into the top of the seventh. Miller finished off the top of the seventh not allowing John Stark to get another run and giving the Bobcats a great chance to rally back for the walk off win. Freshman Messler got up to bat and had a 3-2 full count when the perfect pitch came straight down the plate. Messler cranked the ball all the way out to center field, way over the fielders head as the ball continued to roll toward the fences. Messler rounded second then third and made her way to home plate as her teammates were jumping up and down with excitement. With Messler's inside the park home run the score was now 5-4 no outs. It seemed as though everything was falling into place and the Bobcats were going to get the fairy tale walk off win, but John Stark had other ideas. They were able to get three outs before the Bobcats could get one more run and the cats were unable to complete the comeback. Although the girls didn't come away with the win they should be proud that they were able to come back from a 5-2 deficit and end the game only losing by one run.

"We work really hard and we have so much potential to win a game. We have the skill and we know how to play the game." -Ariana Dawson

Coach Rowe is very happy with the girl's defensive aspect of the game so far this season saying, "We have been playing solid defense! The girls have worked really hard at improving their fielding skills, and it has shown! We have not had as many errors this season as we did last." Having a strong defense is very important, but without offense it's hard to win games. Rowe believes that the team's biggest weakness thus far has been their plate appearances. "Plate discipline: we have had way too many non-swinging strike outs this year. I have tried to emphasize confidence--the fact that they need to know that they have the ability to put the ball in play and make things happen," explained Rowe.

"To be able to sprint onto the field after a hard-earned 7-innings and to dump the ice cold water on coach's head would be incredible." -Lauren Sullivan

"We work really hard and we have so much potential to win a game. We have the skill and we know how to play the game," explained senior Ariana Dawson.

"We need to hit more and run the bases better. Our defense is pretty strong though. Also when we're down we need to fight back, not let the other team walk all over us," said Dawson. Junior Kaya Cooley believes that, "our fielding has gotten better and there is always a positive environment around the team. We are good at encouraging each other." On the flip side of things Cooley believes that, "batting, sliding, and base running," are the team's weaknesses. "Our pitching is also very limited," Cooley explained.

Overall the team has good chemistry off the field but struggles at times to work together on the field. "We're improving on working as a team. We can't play as individuals," said Sullivan. Miller believes that, "Our attitude needs to change. We lack self-esteem and we just expect to lose every game." Communication has also been a bit of a struggle for the team thus far. An aspect that the team has lacked is calling a pop-up or just encouraging each other when someone makes a mistake. At times effort seems to be lacking as well. When the team is down they have a hard time getting pumped up and staying strong and continuing to battle hard. Freshman Sara Messler believes that the mental aspect of the game is what the girls need to work on saying, "We need

to focus more on being hard on ourselves. We need to try our hardest at all times and if we are going to win we need to have a good mental aspect of the game."

Often times the Bobcats lack confidence in themselves and don't believe that they can win the game. Whether they're down a couple runs or if they are playing a team with a great record the Bobcats tend to get down on themselves and stop believing. In order for this team to get a win they will need to find that confidence and believe in themselves that they can win. "Plain and simple: CONFIDENCE!! This team has more than enough talent to get us a win this year--it's getting the girls to believe in themselves!" explained Rowe.

Although that win has not come yet it is in the very near future. The Bobcats are scheduled to play Kingswood in their final game of the season. So far this season Kingswood has not won a game, and for a majority of their games they have lost by an average of ten runs or more. "Just one win. That would be the cherry on top to a perfect season. I can't even explain what it would mean to get that win. It would be pretty incredible. The next day at school would be absolutely insane," explained Miller. Sullivan has been on the team since her freshman year so that one win would be pretty special for her. "To be able to sprint onto the field after a hard-earned 7-innings and hugging everyone and dumping the ice cold water on coach's head would be incredible," explained Sullivan.



Lauren Sullivan fielding the ball.

"Just one win. That would be a cherry on top to a perfect year. I can't explain what it would mean to get that win. It would be pretty incredible." -Caitlyn Miller

POWER OF ONE (CONTINUED FROM PAGE 23)

Each year the social studies department looks into changes that could enhance the project. Raiford feels the most passionate about time flexibility saying, "I wish that there was more flexibility in our schedule. I also wish I could clone myself; that one on one is so important. But those are logistical issues I don't know how to fix." Many freshmen feel very strongly about time as well; freshman Liz Paquette explains that, "I would change the amount of required work. It takes away from actually helping and it's just busy work." Messer also believes that a better time frame would help get more things accomplished.

One of the biggest struggles with having the project freshmen year is that they are not mentally prepared for all that comes with Power of One. Raiford explains, "I think it fits really brilliantly with World Cultures, but it would be way more effective if I could figure out a way to do this with juniors and seniors, who are way more ready." I wish I could have done Power of One this year because freshmen year I definitely didn't take it seriously. Not because I didn't think the idea was interesting, but because I didn't comprehend the significance of what we were doing. If this project could be held off until junior or senior year I believe much more would be accomplished. By then students are more prepared and have an idea of what they really want to help with. Zottoli states the one way that upper-classmen could possibly get involved,

"Creating an elective where seniors can re-pick up or create a new Power of One would be really cool. But I think every senior who has done this has the opportunity to do it on their own if they choose."

I believe the best way to 'fix' Power of One or to increase some of the interest is to make it optional. This may not work out right away, but if the project was given as an optional

"I think it's worth it, being able to see a change."

-Abby Colby

final with the alternative being a research paper or test, I would find it hard to believe students wouldn't be interested in Power of One instead of a test. Raiford understands this idea but still feels conflicted, "There are students who go through the project kicking and screaming but end up loving it, and that

would close the door to that opportunity for those kids. But it's something to consider."

My fear is that Power of One has gone from a project with momentum, a school assignment that students truly have drive to do, to busy work. It isn't right that something so meaningful to some is just work to others. So many opinions, thoughts and ideas have been considered, yet Power of One still remains almost the same each year. The facts stand; freshmen are just not ready for such immense concepts as Power of One is, I know I wasn't. With that said, Power of One needs to change; otherwise I fear that it will only continue to lose its momentum, until it truly is 'just another project'.



Eliza Mae Brown
Sports Writer

"I just enjoy being able play the sports I love with a bobcat on my chest. If I wasn't having fun, I would quit," states Nate McCrone, a freshman and three season athlete.

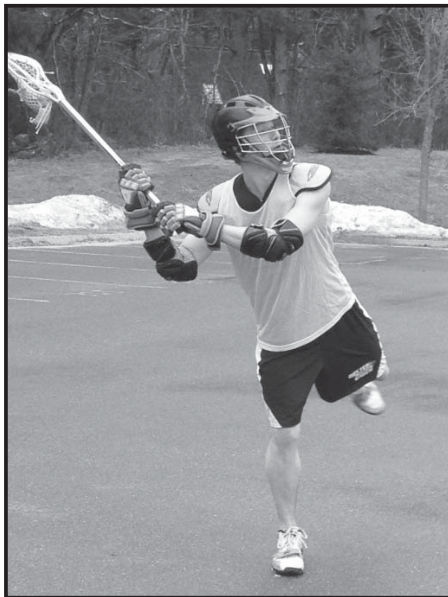
Whether they like sports just for fun, to get a college scholarship, or just to be on a team playing a sport means something entirely different to each individual. There are plenty more reasons where those came from and at Oyster River, it varies person to person. Almost 70% of Oyster River students play a school sport, and of that 70%, 50% play in more than one season. What role do high school sports play in an Oyster River Students life?

Athletic Director Corey Parker feels very strongly about players committing to their sport, "I would rank high school sports in season being a priority above everything excluding school, family and religion." Parker adds on that since sports are a commitment, players should be able to work their job schedule and social life around them. Parker stresses that, "If you're committing to a team then that should move up the priority scale, so that you are committed and your teammates are committed, that way you can get everything out of it that you're putting in."

However, when committing to a team, players also need to watch their grades, otherwise that commitment means nothing. Parker believes that in season, students grades get better because students know if their grades drop then they can't play. Freshman Kevin Kerrigan, a three season athlete, reassures this belief, "My grades did not really change while I was playing any sports...I have maintained good grades throughout the year." Sophomore Conor Deptula adds, "Grades don't really slip too much during sports seasons, just occasional time conflicts with homework."

Some players like senior Megan Comeau plan to play at the collegiate level. While Comeau looks to play soccer in college

"I play because I want to bring pride to the school and I have a great time with my teammates." -Kevin Kerrigan



Billy Salmon passing to a teammate at a lacrosse practice.

THE SEVENTY PERCENT



Megan Comeau trying to steal the ball from the opposing team. Courtesy of: Rachel Murphy.

she easily says, "Sports above everything else." While this may be the case, Comeau knows the importance of school and adds on, "If you have the grades and are able to maintain them, then you should be able to put [your sport] in front of anything else."

Senior Kaeli McPhee, field and ice hockey player, feels similarly when it comes to school, "I think it's definitely a bigger part than some classes. I don't think classes teach you anything socially and that's what sports and other programs do."

While players like Comeau and McPhee put sports first over some academics, others feel differently. Senior athlete Billy Salmon places work above all else. He believes school and sports go hand in hand. Salmon does not plan to take any of his sports past high school and explains, "It's something to do; [high school sports] are fun, fun while they're here, after high school I won't play."

Senior Anthony Shea was always an avid basketball player but explains, "I really enjoy sports, but they're not as important to me as I've grown older. I've started to get away from the everyday practicing and now I have a job too." When asked how serious Shea was about sports in his life he stated, "When in season, I take it pretty seriously, but now I don't care, it's over."

Coming into high school, playing a sport creates new opportunities for incoming freshmen. McCrone confirms this, "It is nice to be able to walk down the hallways and give a senior a high five instead of walking down the hallway trying not to be noticed. Just playing on [the hockey] team and getting to know the older guys made high school one hundred times more enjoyable." Playing sports means a lot to McCrone, and understands the commitment they require, "Of course, I do not have that much spare time because of practices and games, but sports have always been part of my life so I'm used to being busy."

Oyster River sports hold a different meaning to each individual. However, a common trend through most players is the pride they feel for Oyster River. Kerrigan simply expresses, "I play because I want to bring pride to the school and I have a great time with my teammates." McCrone feels similar and explains, "Sports have always been a huge part of my life, and to be able to play the sports I love while representing our schools means a lot to me."

JUST FOR KICKS



Adelia Couser
Editor in Chief

Every Wednesday evening, sounds of "hail!" and swishing fabric can be heard from the multipurpose room at ORHS. This is the Martial Arts Club of Oyster River, a mix of high school and middle school students who come here for 90 minutes each week. They practice a Korean martial art form called *Tang Soo Do*, which literally translates to "Tang Open Hand Way." It is open to any ORHS or ORMS student and meets from 6:30-8:00pm every Wednesday.

A club meeting is usually comprised of three parts. Club members begin with a warm-up session, performing stretches, jumping jacks, push-ups, and sit-ups. They then spend a majority of the meeting training, which according to club leader Paul Franz consists of "practicing basic martial art techniques, falling and rolling, forms, sparring, and self-defense." The final portion of the class consists of a bow-out, where members review what they have learned and think about how they could improve. "Every class is a bit different depending on what people need to work on and the time available," says Mr. Franz. "We also test the club members for belt promotion when they are eligible."

The martial arts club began as just an idea in ORHS freshman Noah Franz's mind. While attending a black belt camp in May of 2012, Noah and his father saw a presentation about how to bring more people into martial arts. "I was at the middle school at the time," says Noah, "but I had an idea that we should start a martial arts club here, since there are more people in the high school."

"Every class is a bit different depending on what people need to work on and the time available."

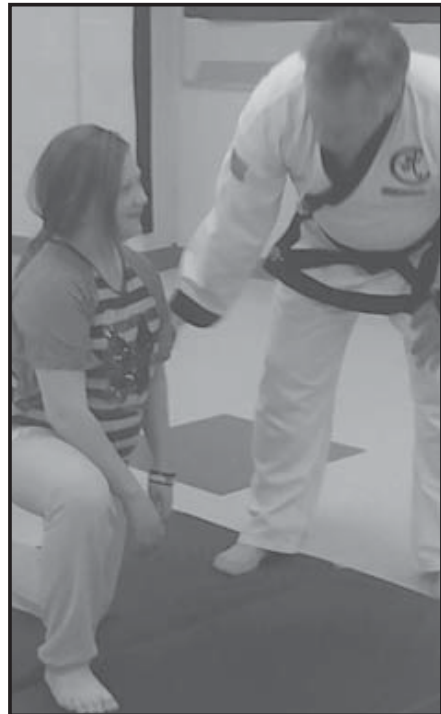
-Paul Franz

Noah and Mr. Franz contacted their instructor at the Great Bay Tang-Soo-Do in Dover, who then contacted the center's grand master. "We started swapping emails, and then we started talking to the high school," Noah continues. "Before I knew it, Mr. Allen had emailed my dad about starting the club. I was like wow, this is great; my idea was actually going to happen!"

"Mr. Allen asked us to work with Athletic Director Corey Parker to find a place to train and in getting word out to the students, adds Mr. Franz. "He was very enthusiastic and supportive. We had our first meeting in November 2012 at the high school."

According to the Franzes, there are around 10 to 12 high school and middle school students who regularly attend club meetings. Xanthi Russell, a student at ORMS, has been training with the club since January. "I really like that we're able to get exercise in a really fun way," she says, and fellow club member and ORMS student Kaylee Ross agrees. "It's a lot of fun because we can learn a lot of new things."

Middle school student Destiny Lesniak has only attended three sessions so far, but she already says that she has learned a lot about martial arts. The club members begin by learning basic Tang Soo Do techniques and then move onto fighting forms, which are a set of techniques in a pattern. They recently began learning staffing techniques, which involve using a staff and which Lesniak claims are one of her favorite things she's learned. (Continued on page 30 under "KICKS")



Instructor Paul Franz encourages middle school club member Destiny Lesniak.

ABOUT THE INSTRUCTORS:

The martial arts club is led by a father-son duo of freshman Noah Franz and his father Paul Franz. The two are both certified black belts and students at the Great Bay Tang-Soo-Do in Dover, where they train on Mondays and Thursdays. They both agree that one of the main reasons they started the club was to provide an opportunity for students to obtain a basic knowledge of martial arts, especially those who might not have a chance to experience what martial arts has to offer.

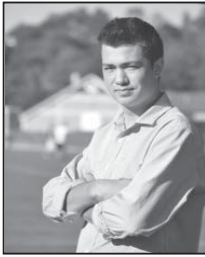
"Both Noah and I love to teach martial arts," comments Mr. Franz, "so the club provides an opportunity for us to do what we like to do and to share the martial arts experience with others. It is very satisfying to me to see the progress that students show as they learn new skills."

"I've always enjoyed teaching other people some of the skills I've learned," adds Noah. "I love having this opportunity to share my knowledge, and it's really cool seeing [club members] grow as people in a martial arts career. He says that teaching at the club provides a certain emotional fulfillment for him, and he is considering a career in martial arts in the future."



The martial arts club practices backwards rolls in the Multipurpose room at ORHS.

SAILING OUT OF THE MSST



Adrian Schidlovsky
Guest Sports

The Mendoms Seacoast Sailing Team (MSST) is a high school sailing team which includes students from all across the seacoast. They practice about three times a week at Mendoms Pond in Barrington, NH, and participate in regattas almost every weekend. In these races, MSST competes against other high school teams in the state. MSST is a fairly new team, and gets very little hype. The team was formed last year, and continued on for the spring of this year. The team is made up of high schools from York Maine, Portsmouth, and Oyster River. The high school students learn how to race a dingy sized sailboat called an International Flying Junior, or FJ. With its 100 square foot sail, the FJ is the main boat olympic teams train on before moving to the Flying Dutchman.

"The great thing about the MSST team is anyone can join from middle school or high school," says captain Emmet Todd. "The team is high school racing but is open to younger kids to get them interested in the sport." The near 20 students that are on the team have been recruited from Diana Weidenbacker, from the sailing camp that is hosted by UNH each summer.

"I have been trying to install this program into many high schools in the area for many years now, and just last year it was granted for Oyster River," says coach Diana Weidenbacker.

Thirteen boats, all looking for the perfect start. The three consecutive short whistles signal the start, two...one and the race begins, the battle against the dreaded shifty wind of Mendoms Pond.

The facilities that are being utilized are top of the line, from the gear, the boats, and the coaching. The facilities being used are provided by the UNH Sailing team. The team has planned regattas against Brewster Academy, Concord, Vermont, New Hampshire, and Maine yacht clubs and high school teams. The goal is to compete in the New England championship. The NEC includes more than 1,200 sailors that gather at the Eastern Yacht Club in Marblehead MA. These select sailors race in six or more races on three lines over the course of the three-day regatta spread over August 23th, 24th and 25th.

"The great thing about the MSST team is anyone can join from middle school or high school." -Emmet Todd

Todd has high hopes for the blooming team, "MSST did very well last year," Todd goes on to say "We had several tough events, including our first high school team racing event...held at Mendoms which included schools from Maine and New Hampshire."

Todd spoke of the loss of key sailors from last years team. Brothers Nick and Josh Pfofi were sailors that made a large contribution to the team last season. After attending Portsmouth High School, the sailors moved on to



Sophomore Haley Parry hikes out hard. (Courtesy of Nick Pfofi)

sail for Tufts University in Medford Massachusetts. Naturally with every sports teams, students move on, which leaves openings for athletes to step up and work harder to fill their place. Sisters Ella and Haley Cedarholm have stepped up to be aggressors this season, with sophomore Zephyr Jaeger "...Stepping it up and and doing much better this season," includes Todd.

Mendoms Seacoast Sailing Team is a great opportunity for kids of all ages to learn how to sail with people from all over the seacoast with a chance to make new friends and learn a life long sport.

"Sailing is a very complicated sport, but isn't as hard to get into as many people think," Todd admits. "I am always trying to get kids to join, or at least come out for a day and try it out."

"KICKS" (CONTINUED FROM PAGE 29)

Even the parents learn new things about their children. Troy Ramfos, who studied American kickboxing for eight years and whose family has a history of karate training, attends club meetings every week with his fifth-grade daughter. Kirsten Ramfos used to play softball at Coe Brown, but wanted to try martial arts after learning that ORMS didn't have a recreational softball team. "I've definitely seen changes in her, both physically and mentally," says Ramfos. "She's learned a lot of respect...that's a big thing in the club, and the training they do helps her in running track. She often practices the forms she's learned at home and shows her mom."

"The instructors are awesome," adds Ramfos. "The [club members] learn a lot of discipline, which is huge for kids in our age. [Mr. Franz] is a really good instructor, his son is also; they work really well with the kids."

The martial arts club is open to any student in the community who wants to try martial arts - no experience necessary. Noah says that they are planning on taking a break for the summer but will start back up again in the fall of 2013; he definitely plans on continuing the club throughout his high school career.

"All it takes is the decision to try something new, a positive attitude, and a willingness to invest in yourself," says Mr. Franz. "And, it is a lot of fun!"



ORHS freshman Noah Franz (left) leads the martial arts club in their weekly warmup activities.



China Wong
Sports Writer

HORSING AROUND

Did you know that we have an Equestrian Team? Not many people do, but those who do, have taken full advantage of what it has to offer. The club was started back in 2011 with team members being in grades seven to

twelve.

Seventh and eighth grade riders do not compete and are called 'Spirit Members.' Although they are not allowed to participate in competitions they are still an important part of the club. These members help riders and their horses with cleaning, tacking, learning competition rules, and anything else that riders need help with.

The members that are allowed to compete in competitions are in grades nine to twelve. The cool thing about the club is that students do not need to own their own horse; however they need to have access to one for practice and competitions. To be a contender for the club one must have previous riding experience and knowledge of the sport.

In competitions each rider is allowed to compete in up to five different classes. These classes include, jumping, dressage, equitation, barrel racing, and more.

Dressage is a competition on how well a horse and its rider can perform. The horse's 'natural athletic ability and willingness to perform is also judged' as explained by the United States Dressage Federation. Equitation is the rider's ability as a whole.

They are judged on their position while mounted on the horse; it's the rider rather than the horse that is judged.

Unlike many other sports teams, the club doesn't practice after school every single day. The team meets at least once a month between December and April to practice together. The riders hold their practice at Linden Woods Farm in Durham. The entire season is from December to May (The team competed in the NH High School Equestrian Team State Championships on May 19th). Individually riders practice several times a week.

The team's advisor is Theresa Walker. She organizes team registration with the state association, coordinates fundraising for uniforms and registration, schedules practices, and provides coordination between the team, the state and the district association. The team's three coaches are, Jackie McCabe, Ali Chimpan, and Leslie Ann McGowan.

"I love the team spirit showed by all the members," said Walker. The club has had an awesome start since it first started. "The team is in its second season. Last year, all the riders qualified for the state competition and helped the Seacoast

"The team is in it's second season. Last year, all the riders qualified for the state competition and helped the Seacoast District win the State Championship trophy."

-Theresa Walker

District win the State Championship trophy (in the trophy case across from Mr. Parker's office). Team membership doubled this year and many of the riders will qualify for the State Championship, which took place on May 19th. Oyster River riders competed against riders from 20 other schools," explained Walker.

This club is a great opportunity for anyone who loves

competing on horseback. "Team membership is open to anyone with horseback riding experience and an interest in having fun and competing in many types of equestrian events,



Emily Sagnella and her horse, Blue, competing in a jumping competition.

such as jumping and barrel racing," said Walker. Junior Emily Sagnella has been a part of the club for its entirety and thinks that, "Everyone should know the team is open to new members and doesn't judge based on skill. One member is nationally ranked, another member just started riding this year. It's fun competing with other people and hanging around with horses all day."

Sagnella just enjoys the great atmosphere about the club and spending time with the horses and other members of the team.

"My favorite part of the team is spending time with the horse I ride, Blue. I'm not very into competing against others, but spending time with a horse is relaxing and educational," explained Sagnella. Although competing is not her favorite part of the club, Sagnella has done well, "At the school shows, I've

placed first or second a few times in Dressage and Huntseat, which are both ground work classes, but other than that, I'm pretty average. Jumping classes, which are usually huge, often have advanced riders in them. There's also a few shows at UNH and at other small barns I compete at in the

area."

Whether you want the competitive aspect of the sport or just the fun aspect of the sport the equestrian team is perfect for anyone with a strong love and passion for horses.

"The team is open to new members and doesn't judge based on skill."

-Emily Sagnella

ORHS' TOP TEAMS



Emma Salvati
Guest Sports

High school sports are a place for students to showcase their abilities and work with others towards a common goal. It fosters sportsmanship, commitment, and healthy relations with fellow teammates. Though players are thoroughly encouraged to exhibit good sportsmanship and attitude, the will to win can conquer all. There isn't a single person who will say that they don't want to win the state championship, and a couple of teams from Oyster River High School have claimed the title as their own, and there have been even more who have come close to it.

This year, the Girls Swimming and Diving team won the Division II state championship. They also won in 2010 and 2009, and have four championships since 1986. Emily Howard, who has been swimming for five years now, says the race to the championship came really close. "I think we were seeded to tie in first, so we were really close for the whole meet...it was nice that we got to win." One of the things the swim team capitalized on this year was supporting each other and having good attitudes. Howard enjoys how both the girls' team and the boys' team practices together, which does not really happen with other teams.

"Winning the state championships was the best feeling," says swimmer Haley Jones. Jones says the swim team is different from others because it's both an individual sport and a team sport. "It's also incredible to see someone who has never swam before join the team and see how much they improve by the end of the year," says Jones.

Other teams that have been doing well this year include Boys Basketball, Cross

Country, Boys and Girls Hockey, and Girls Soccer. They have all put up a solid fight for the championship title, and have a couple of their own from over the years.

This year, the Girls Hockey team was ranked third in the league, and faced Hanover in the finals last March. They ended up losing 3-1, but that doesn't take away from the fact that they have been going to the Final Four for the past several years. In 2012, they went to the semi-finals, and in 2011 they competed again for the championship. "I think we did really well this year," says Sandra Strogon, who is a captain of the team. "We made it to the championship game which is a lot farther than anyone else thought we would make it." Strogon continues to add that the hockey team is different than other teams at ORHS, because all the players are different, and add to the team in their own way. Fellow captain Becca Murphy agrees, saying "We had a range of really talented players...we always seem to pull together and go far in the playoffs."

The cross-country team this year placed second in the Division II championship, 12th at the New England Cross Country Championships, and had the only undefeated season in school history. Christian Davis, who has been on the varsity team for three years, explains how three of the team's top runners graduated last year, and they had to work extra hard to come back from the

loss. "At every practice there was a sense that we had to work for our success,"

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-Christian Davis

says Davis. "It wasn't just going to fall into our laps." Davis goes on to say that it's more of a team sport than an individual one, and the overall fate of

the team depends on each person trying as hard as they can. "Knowing that your success is wholly dependent on the work you put in before the race, and how hard you try during, there is a real feeling of accomplishment once the race is over."

The Boys' Varsity Basketball Team made it to the first round of the playoffs, but lost to Windham 54-39. Senior Zack Jones says that the team is always on a constant grind, with 6 practices a week, and the longest sports season of the year. "It's hard to wake up at 6:30 on any given school day and not to be exhausted from the previous night's practice or game," says Jones. He explains that it's rewarding to see the team come together towards the end of the season. "Nothing beats the feeling after winning a close, hard-fought game."

Kaylie Igoue, a senior on the Oyster River girl's soccer team, has been playing soccer for 12 years now. This year, the soccer team made it to the semi-finals but lost to Milford. "This year we altered a lot of the starter's positions, so a lot of defense played up front and a lot of our offense played in the back, which was much different than previous years. Honestly I think the team next year will have to work really hard to get to the same level we were this year," says Igoue. The girls' soccer team has been known for their longstanding traditions and outlandish team spirits, such as colored hair streaks or Halloween costumes. "I've become best friends with the people on the team because its such a long and strenuous season."



Girls' Swimming and Diving team holding their trophy.
(Image courtesy of Corey Parker.)

"Winning the state championships was the best feeling."

-Haley Jones



The Girls' Soccer team are BFFs. (Image coretesy of Corey Scarano)